

Calcium and Protein Milk Alternative Map

Milk alternatives differ. Check the label before assuming a swap covers the same nutrition role.

Option	Calcium check	Protein check	Gut-symptom check
Lactose-free dairy	Usually strong, verify label	Usually strong	Tests lactose reduction
Soy-protein milk	Verify fortification	Often stronger than many plant milks	Check soy tolerance
Almond milk	Verify fortification	Often low	Check serving and additives
Oat milk	Verify fortification	Often modest	Check serving and formulation
Rice or coconut milk	Verify fortification	Often low	Check sugar and serving

If calcium, vitamin D, or protein sources keep disappearing, ask for dietitian support rather than narrowing the diet further.