

FOOD GROUP: MILK & ALTERNATIVES

The Milk & Alternatives group contains milk and yogurt choices with primarily heart health varieties. For the purpose of maintaining a 15 g carbohydrate content, most portion sizes are 1 cup.

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Food Item	Serving Size	Available CHO (g)	PROTEI N (g)	FAT (g)	GI
Milk, buttermilk, cultured, low fat	1 cup (250 mL)	12	8	2	N/a
Milk, canned, evaporated	½ cup (125 mL)	13	9	10	N/a
Milk, canned, evaporated, fat free	½ cup (125 mL)	13	8	Tr	N/a
Milk, whole, 3.25%	1 cup (250 mL)	11	8	8	34
Milk, 2%	1 cup (250 mL)	12	8	5	N/a
Milk, 1%	1 cup (250 mL)	12	8	2	N/a
Milk, goat	1 cup (250 mL)	11	9	10	N/a
Milk, skim	1 cup (250 mL)	12	8	Tr	32
Milk, sheep	1 cup (250 mL)	13	15	17	N/a
Milk, lactose reduced, 2%	1 cup (250 mL)	15	8	5	N/a
Milk, powdered, skim	2 Tbsp (30 mL)	15	8	Tr	N/a
Soy milk, fluid	1 cup (250 mL)	15	9	5	44
Soy milk, fluid Chocolate/Strawberry	½ cup (125 mL)	14	9	3	N/a
Soy milk, Fibre fortified	1 cup (250 mL)	13	7	4	N/a
Soy yogurt, vanilla	1/3 cup (75 mL)	15	5	2	N/a
Yogurt, flavored, low fat, artificially sweetened	1 cup (250 mL)	15	8	Tr	14
Yogurt, plain, low fat	¾ cup (175 mL)	15	4	2	36
Yogurt, plain, whole milk	¾ cup (75 mL)	13	10	4	N/a
Yogurt, drinkable	200 mL	15	5	3	38
Yogurt Mousse, regular	¼ cup (60 mL)	15	3	5	N/a
Yogurt Mousse, low fat	1/3 cup (75 mL)	10	6	Tr	N/a
Yogurt Smoothie, regular	118 mL	17	6	1	N/a
Yogurt Smoothie, low fat	236 mL	16	11	0	N/a