



# Nutrition Comparison

## KABRITA Goat Milk Toddler Formula, cow milk and other milk alternatives

Nutrients	Unit	KABRITA Goat Milk Toddler Formula	Cow Milk (Fluid)	Goat Milk (Fluid)	Almond Milk	Rice Milk	Soy Milk	Coconut Milk	Cashew Milk
		Per 1 Cup (8 oz)	Per 1 Cup (8 oz)	Per 1 Cup (8 oz)	Per 1 Cup (8 oz)	Per 1 Cup (8 oz)	Per 1 Cup (8 oz)	Per 1 Cup (8 oz)	Per 1 Cup (8 oz)
Energy	Kcal	160	146	168	60	120	110	80	60
Fat	g	7.44	7.9	10.1	2.5	2.5	4.5	5	2.5
Linoleic acid	g	1.25	-	-	-	-	-	-	-
Linolenic acid	mg	106	-	-	-	-	-	-	-
AA	mg	40.8	-	-	-	-	-	-	-
DHA	mg	23.5	-	-	-	-	-	-	-
Carbohydrate	g	18.5	11.0	10.9	8	23	9	7	9
Protein	g	4.32	7.9	8.6	1	1	8	0	<1
Vitamin A	IU	497	227	463	500	500	500	500	500
Vitamin D3	IU	93.6	98	29	100	100	120	100	100
Vitamin E	IU	3.36	0.2	0.2	6	-	-	-	15
Vitamin K1	mcg	14.2	0.5	0.7	-	-	-	-	-
Vitamin C	mg	20.4	0	3.2	0	0	9	0	0
Vitamin B1	mcg	125	107	110	-	-	-	-	-
Vitamin B2	mg	0.22	0.45	0.33	0.068	-	0.51	-	0.51
Vitamin B6	mcg	98.4	88	110	-	-	-	-	-
Vitamin B12	mcg	0.48	1.07	0.17	-	1.5	3	3	3
Niacin	mg	1.62	0.26	0.67	-	-	-	-	-
Folic acid	mcg	24	12	2	-	-	60	-	-
Pantothenic acid	mg	0.83	0.88	0.75	-	-	-	-	-
Biotin	mcg	7.92	-	-	-	-	-	-	-
Calcium	mg	141	276	327	450	300	450	450	450
Phosphorus	mg	93.6	222	271	-	150	250	-	-
Magnesium	mg	13.7	24	34	16	-	60	-	16
Iron	mg	3.12	0.07	0.12	0.36	0.72	1.44	0.36	0.36
Zinc	mg	1.62	0.9	0.7	-	-	-	-	1.5
Manganese	mcg	24	7	40	-	-	-	-	-
Copper	mcg	118	27	110	-	-	-	-	-
Iodine	mcg	23.5	-	-	-	-	-	-	-
Sodium	mg	50	98	122	160	100	105	35	170
Potassium	mg	187	349	498	35	65	370	40	30
Chloride	mg	134	-	-	-	-	-	-	-
Selenium	mcg	4.32	9.0	3.4	-	-	-	-	-
Choline	mg	38.4	-	-	-	-	-	-	-
Inositol	mg	9.84	-	-	-	-	-	-	-

\*KABRITA Goat Milk Formula is not suitable for children with cow milk protein allergy (CMPA).

We do not recommend KABRITA Goat Milk Toddler Formula as sole source nutrition for either infants or toddlers. Please contact your primary healthcare provider to discuss your child's nutritional requirements and the available feeding options.