



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



Nutrients	Unit	Kabrita Goat Milk Toddler Formula	Cow Milk (Fluid)	Goat Milk (Fluid)	A2 Milk	Almond Milk	Soy Milk	Oat Milk	Coconut 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	160	60	110	90	70
Fat	g	7.44	7.9	10.1	9	2.5	4.5	1	4.5
Linoleic acid	g	1.25	-	-	-	-	-	-	-
Linolenic acid	mg	106	-	-	-	-	-	-	-
AA	mg	40.8	-	-	-	-	-	-	-
DHA	mg	23.5	-	-	-	-	-	-	-
Carbohydrate	g	18.5	11	10.9	13	8	9	16	9
Protein	g	4.32	7.9	8.6	8	1	8	3	0
Vitamin A	mcg	149	68	139	114	150	150	160	140
Vitamin D	mcg	2.34	2.45	0.73	2.5	5	3	3.6	2.5
Vitamin E	mg	2.25	0.13	0.13	-	7.5	-	-	-
Vitamin K1	mcg	14.2	0.5	0.7	-	-	-	-	-
Vitamin C	mg	20.4	0	3.2	-	-	9	-	-
Vitamin B1	mcg	125	107	110	-	-	-	-	-
Vitamin B2	mg	0.22	0.45	0.33	-	-	0.4	0.6	-
Vitamin B6	mcg	98.4	88	110	-	-	-	-	-
Vitamin B12	mcg	0.48	107	0.17	-	-	3	1.2	3
Niacin	mg	1.62	0.26	0.67	-	-	-	-	-
Folic acid	mcg	24	12	2	-	-	40	-	-
Pantothenic acid	mg	0.83	0.88	0.75	-	-	-	-	-
Biotin	mcg	7.92	-	-	-	-	-	-	-
Calcium	mg	141	276	327	300	450	450	350	130
Phosphorous	mg	93.6	222	271	-	20	220	270	-
Magnesium	mg	13.7	24	34	-	15	50	-	35
Iron	mg	3.12	0.07	0.12	0	0.7	1.3	0.3	0.3
Zinc	mg	1.62	0.9	0.7	-	-	-	-	0.8
Manganese	mcg	24	7	40	-	-	-	-	-
Copper	mcg	118	27	110	-	-	-	-	-
Iodine	mcg	23.5	-	-	-	-	-	-	-
Sodium	mg	50	98	122	130	150	90	100	10
Potassium	mg	187	349	498	400	170	380	390	40
Chloride	mg	134	-	-	-	-	-	-	-
Selenium	mcg	4.32	9.0	3.4	-	-	-	-	-
Choline	mg	38.4	-	-	-	-	-	-	-
Inositol	mg	9.84	-	-	-	-	-	-	-

Please contact your primary healthcare provider to discuss your child's nutritional requirements and the available feeding options.

Updated as of October 2021