

## Oat Milk vs Rice Milk (vsdiff.com)

Attribute	Oat milk	Rice milk
Calories (per 1 cup / 240 ml)	~100-160 kcal (varies with added <b>oils</b> and sugar)	~110-150 kcal (often <i>carbohydrate-forward</i> )
Protein	~2-4 g (higher if <b>fortified</b> or from added pea protein)	~0.5-1 g (generally <i>low</i> unless fortified)
Carbohydrates	~15-20 g (contains <b>beta-glucans</b> )	~22-30 g (higher; often raises <b>glycemic impact</b> )
Typical fortification	Calcium, vitamin D, B12 (commonly)	Calcium, vitamin D, B12 (commonly)
Texture & Taste	Creamy, naturally <b>oaty</b>	Thin, <i>mildly sweet</i> , more watery
Allergen profile	Contains <b>gluten-free</b> options but may cross-contaminate	Generally <b>gluten-free</b> and nut-free; cautious for rice allergies
Environmental footprint	Moderate water use; <i>lower</i> greenhouse emissions than dairy	Higher water use per liter; <i>low</i> land use, lower emissions than dairy

Source: <https://vsdiff.com/oat-milk-vs-rice-milk/>