

Soy Milk vs Almond Milk (vsdiff.com)

Metric	Soy milk (per 1 cup / ~240 ml)	Almond milk (per 1 cup / ~240 ml)
Calories	~80-120 kcal (unsweetened often ~80-100)	~30-60 kcal (unsweetened often ~30-40)
Protein	~7-9 g	~1-2 g
Total fat	~4-5 g	~2-3 g
Carbohydrate / Sugar	~3-6 g (varies with sweetening)	~1-5 g (varies with sweetening)
Calcium (if fortified)	~250-450 mg (varies by brand)	~200-450 mg (varies by brand)
Common allergens / concerns	<i>Soy allergen</i> ; phytoestrogens	<i>Tree-nut allergen</i> ; high water footprint
Typical culinary uses	Cooking, baking, coffee/tea, smoothies (protein-rich)	Cold cereals, smoothies, coffee (lighter mouthfeel)

Source: <https://vsdiff.com/soy-milk-vs-almond-milk/>