

Coconut Milk vs Almond Milk (vsdiff.com)

Metric	Coconut Milk	Almond Milk
Typical calories (per cup)	Carton beverage: ~25-60 kcal; canned full-fat: ~400-480 kcal	Unsweetened beverage: ~30-50 kcal
Protein (per cup)	~0-1 g (very low)	~1-2 g (low)
Fat profile	Carton: ~2-5 g; canned: ~40-48 g (high saturated fat)	~2-4 g, mostly unsaturated
Common fortification	Calcium, Vitamin D (varies)	Calcium, Vitamin D, sometimes B12
Allergen note	Low tree-nut cross-reactivity; some regulations list coconut as tree nut	Tree-nut allergen (almond)
Environmental signal	Lower irrigation intensity; tropical production, shipping impacts	Higher irrigation intensity in key regions (e.g., California)
Best culinary uses	Curries, desserts, canned for richness, vegan cream	Milk substitute in cereal, smoothies, coffee (barista blends)

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