

Which Milk to Choose

	Milked Hazelnuts	Unsweetened Milked Hazelnuts	Milked Walnuts	Unsweetened Milked Walnuts	Milked Oats	Unsweetened Milked Oats
Whole30		X		X		
Paleo		X		X		
Gluten Free	X	X	X	X	X	X
Vegan	X	X	X	X	X	X
Vegetarian	X	X	X	X	X	X
Low-FODMAP	X	X	X	X	X	X
Dairy Free	X	X	X	X	X	X
Keto		X		X		
Kosher	X	X	X	X	X	X
Low Carb		X	X	X		
Low Fat					X	X

	Barista Almond	Barista Oat	Barista Hemp	Milked Almonds	Unsweetened Milked Almonds	Milked Cashews	Unsweetened Milked Cashews
Whole30					X		X
Paleo					X		X
Gluten Free	X	X	X	X	X	X	X
Vegan	X	X	X	X	X	X	X
Vegetarian	X	X	X	X	X	X	X
Low-FODMAP	debatable	X	X	debatable	debatable		
Dairy Free	X	X	X	X	X	X	X
Keto	debatable				X		X
Kosher	X	X	X	X	X	X	X
Low Carb	X				X		X
Low Fat		X			X		X