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Nutrient	Amount of nutrients found in 3 cups milk as (percent Daily Value [#])	Approximate amount of non-dairy food source to get the same nutrient level
Calcium	 = 90% DV	 = 21 cups chopped broccoli
Potassium	 = 33% DV	 = 3 small bananas
Magnesium	 = 24% DV	 = 3 cups raw spinach
Vitamin A	 = 30% DV	 = 6 baby carrots
Phosphorus	 = 60% DV	 = 3 cups cooked kidney beans
Protein	 = 48% DV	 = 2½ ounces chopped chicken breast
Vitamin D	 = 75% DV	 = 3½ ounces cooked salmon
Vitamin B12	 = 39% DV	 = 3 ounces cooked rainbow trout
Riboflavin	 = 72% DV	 = 1 cup almonds

U.S. Department of Agriculture, Agricultural Research Service, USDA Nutrient Data Laboratory. 2004. USDA National Nutrient Database for Standard Reference, Release 17.