

GOT MILK?

SOY MILK
NUT-BASED MILK
HEMP MILK
RICE MILK
OAT MILK
PEA MILK



Photo source- Imaflow from Pixabay

BENEFITS OF COW'S MILK

- SUPPORTS BONE HEALTH: CALCIUM, VITAMIN D, POTASSIUM, PHOSPHORUS
- CONTAINS B VITAMINS
- PROVIDES PROTEIN: CASEIN AND WHEY

BENEFITS OF PLANT-BASED MILKS

- LOW IN CALORIES
- LOW IN SATURATED FAT (except coconut milk)
- LACTOSE-FREE
- VEGAN-FRIENDLY

CONS OF COW'S MILK

- SATURATED FAT
- LACTOSE INTOLERANCE (in some people)

CONS OF PLANT-BASED MILKS

- LOW IN PROTEIN AND VITAMINS
- MANY ARE NOT NUT-FREE
- OFTEN CONTAIN ADDED SUGARS
- MAY CONTAIN UNDESIRABLE ADDITIVES
- NOT AS COST-EFFECTIVE

THE BEST ALTERNATIVE?

Calcium-fortified SOY MILK is most comparable to cow's milk having adequate amounts of protein, Vitamin B12, Vitamin A, Calcium, and Vitamin D.