



Who thought making a healthy choice would be a challenge when it came to selecting the right milk for your family. After all, there's the full fat version, two medium fat versions, and a non-fat version. Piece of cake, right? Not so fast! In the past few years the dairy aisle has exploded with milk substitutes which are often plant based. Now, instead of 4 types of milk, which sometimes seems complicated enough,

we have what seems like an endless selection of products to choose from. Each new product comes with a tag line or selling point that seems catchier than the last. In the following sections you will find comparison information on several different types of milk along with some quick facts at the end. This information is designed to help you make the best choice for your family when it comes to the nutrients sitting on the shelf of your refrigerator.

Cashew Milk:

- Made from mixing cashews with water
- Unsweetened cashew milk has no saturated fat or cholesterol
- Low in protein
- Needs to be fortified

Pros: Creamy taste and texture

Cons: Low in Protein.

Rice Milk:

- Made from boiled brown rice and brown rice starch
- Considered the most hypoallergenic milk alternative
- Low in protein
- Needs to be fortified

Pros: Best for multiple allergies

Cons: Lowest protein, often has added sugars

Flax Milk:

- Made from cold-pressed flax oil, water, and emulsifiers
- Contains omega-3 essential fatty acids
- Low in calories
- Needs to be fortified
- Low in protein

Pros: Low-Calorie, high in essential fatty acids

Cons: Very low protein

Almond Milk:

- Made from ground almonds and water
- Unsweetened almond milk is low in calories
- Almond milk needs to be fortified with nutrients
- Almond milk naturally has low protein

Pros: Low kcal, High in Vitamin E

Cons: Very low Protein

Soy Milk:

- Made by soaking, crushing, cooking, and straining soy beans
- Nearly the same protein as cow's milk
- Contains manganese and magnesium
- Needs to be fortified
- May contain genetically modified organisms (GMOs)
- Contains both helpful and pesky plant chemical

Pros: High Protein, Low Processing

Cons: Higher fat, can be high in sugar

Coconut Milk:

- Made from grated and squeezed coconut meat
- High calorie, high saturated fat
- Available in beverage form (as opposed to concentrate for cooking)
- Contains potassium as well as some iron and fiber
- Low protein
- Needs to be fortified

Pros: Good source of potassium, contains iron and fiber

Cons: High fat, Low Protein



Oat Milk:

- Made from oats (cleaned, toasted and hulled), water, and possibly other grains and /or beans
- Low in cholesterol, overall calories, and saturated fat
- Higher in fiber and protein than other alternatives
- Contains Iron, Vitamin E, and folic acid.
- May be higher in carbohydrates.

Pros: Fiber, iron, and moderate protein

Cons: Ingredients may contain allergens.

Hemp Milk:

- Made from Cannabis Sativa seeds
- Plant varieties used are low in THC
- Has an earthy flavor
- May be a good option for those with multiple allergies
- Has some protein, magnesium, calcium, fiber, iron, potassium, and helpful plant chemicals
- Provides Omega-3's, and 6's

Pros: High in essential fatty acids

Cons: Higher fat than cow's milk, earthy flavor.



Goat's Milk:

- Produced through the natural process of mammalian lactation
- Has a similar nutrient profile to cow's milk
- Has a somewhat different protein profile than cow's milk
- High in fat
- Contains lactose



Pros: High in protein, Calcium, and Vitamin D

Cons: High in saturated fat.

Pea Milk:

- Made from yellow field peas
- Has a similar protein content to cow's milk
- Is fortified
- Has a similar texture to cows milk

Pros: High in protein, creamy taste/texture

Cons: Not widely available.

Cow's Milk:

- Made through the natural process of mammalian lactation
- Is naturally a good source of calcium, Vitamin D, and protein
- Contains higher quality animal protein
- Contains lactose
- Is widely available and has the option of differing amounts of fat (Skim, 1%, 2%, Whole)

Pros: High in protein, calcium, and Vitamin D

Cons: Contains lactose, may be high in saturated fat, may be derived from cattle treated with antibiotics/hormones.

Quick Facts for thought:

- Animal protein is of better quality than plant protein and is easier for our bodies to use
- Cattle farming is a very large source of methane and contributes to greenhouse gas emissions
- It may take 9 times more land use to make a liter of dairy milk than some plant based alternatives
- Rice milk production also creates a modest amount of methane.
- It takes a third more water to produce a liter of cow's milk than it does to produce some of the more thirsty plant alternatives.
- Cow's milk is a well rounded, easy to absorb beverage that contains protein, fat, vitamins, minerals, and other nutritional substances.



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