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Milk vs. Milk Alternatives

Milk

- *Dairy*
- *Contains lactose*
- *Proteins are casein and whey*
- *Powerful nutritional profile*
- *Excellent source of calcium*
- *Fortified with Vitamins A & D*

Kefir

- *Dairy (so contains casein & whey)*
- *Contains lactose (but may be better tolerated because the live cultures predigest the lactose)*
- *Fermented, made by adding grains to milk*
- *Probiotic powerhouse (may help with constipation, diarrhea, bloating, gas)*
- *Nutritionally dense*
- *Unique, tart taste - suggest consume with other foods (smoothies, cereal)*

Soy Milk

- *Dairy-free; made from ground soaked soybeans*
- *Comparable nutrient profile to milk*
- *Great source vitamin B12*
- *Many enjoy the taste*

Almond Milk

- *Dairy free; made from ground soaked almonds*
- *Filtered water is main ingredient*
- *Good source calcium and vitamins A, D and E*
- *Minimal protein, < 1 gm (protein in almonds lost during processing)*
- *low carbohydrate content*
- *Popular, many people like the taste*

Cashew Milk

- *Dairy-free; made from ground soaked cashew nuts*
- *Minimal protein, < 1 gm (protein in cashew nuts lost during processing)*

Macadamia Milk

- *Dairy-free; made from ground soaked macadamia nuts*
- *Minimal protein, 1 gm (protein in macadamia nuts lost during processing)*
- *Half the calories of 1% milk*
- *Significant calcium and vitamin B12*
- *Negligible carbohydrate*

Hazelnut Milk

- *Dairy-free; made from ground soaked hazelnuts*
- *Nutrients generally comparable to milk*
- *Minimal protein, 2 gm (protein in hazelnuts lost during processing)*

Rice Milk

- *Dairy-free; made from grain (unsweetened brown rice)*
- *Increased carbohydrates*
- *Good option if you have a soy or nut allergy*
- *Very thin liquid*

Oat Milk

- *Dairy-free; made from grain*
- *Increased carbohydrates*
- *Has fiber & Iron*
- *Has phytochemical*

Hemp Milk

- *Dairy-free; made from ground soaked hemp seeds*
- *Contains heart-healthy omega-3 fatty acids (ALA)*
- *Good option if you can't eat nuts*

Coconut Milk

- *Dairy-free; Mostly water made from the "meat" of the coconut*
- *Low carbohydrate content*
- *Minimal calcium*

Pea Protein Milk (Ripple)

- *Non-Dairy - Lactose-free, nut-free, soy-free; made pea protein (legume family but non-bean)*

- *Uses less water than almond milk*
- *Low carbohydrates*
- *Fortified with calcium and vitamins A & D*
- *Also contains fiber, phytochemicals and protein (8 gm)*
- *Some say similar in taste to cow's milk*