

PLANT-BASED MILK

Plant-based milk has been growing in popularity for many years. There are several reasons why someone may choose to drink plant-based milk in place of cow's milk, including:

1. **Cow's milk allergy:** an immune reaction to the proteins in cow's milk (casein and whey).
2. **Lactose intolerance:** some people cannot digest the natural form of sugar found in cow's milk, called lactose.
3. **Religious/lifestyle choice:** certain religions, vegans, certain vegetarians, those with autoimmune conditions or concerns about potential contaminants in cow's milk.



PLANT-BASED MILK OPTIONS:

- Soy milk
- Nut milk (made from almonds, coconuts, cashews, hazelnuts, macadamia nuts or walnuts)
- Oat milk
- Seed milk (made from hemp, flax or chia seeds)
- Rice milk
- Pea milk
- Potato milk
- Quinoa milk

Nutrition Facts	
Serving Size 8 oz. Amount Per Serving	
Calories	Calories From Fat
%	
Total Fat	%
Saturated Fat	%
Trans Fat	%
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	
Protein	



COMPARING NUTRIENT PROFILES

Cow's milk provides an excellent mixture of macronutrients (carbohydrates, protein and fat) and several micronutrients (calcium, vitamin D, potassium, magnesium, and phosphorous). Not all plant-based milk contains the same mix of nutrients, so it's important to note the differences.

1. Fat

For children under age 2, whole milk from cows provides an ample amount of dietary fat which is essential for healthy brain development. Many plant-based milks contain little to no fat.

2. Protein

Some plant-based milk lacks the protein content of cow's milk. For example, cow's milk contains 8 grams of protein per 8 fl. oz, while almond milk contains only 1 gram of protein per 8 fl. oz.

3. Carbohydrates

The amount of total carbohydrates varies greatly in plant-based milks, however many are lower in total carbohydrates compared with cow's milk. Children need carbohydrates for energy, so it's important to note the difference.

4. Added sugar

Some plant-based milk uses sweeteners (added sugar) to enhance its flavor profile, but cow's milk contains 0 grams of added sugar. ****Note:** Children under age 2 should have no added sugar in their diet.

5. Vitamins & Minerals

One 8 fl. oz glass of cow's milk contains about 10-20% of children's daily needs for vitamin D and 20-30% of their daily needs for calcium. Many (but not all) plant-based milks are fortified with vitamin D and calcium as well, but not always in the same quantities found in cow's milk.



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