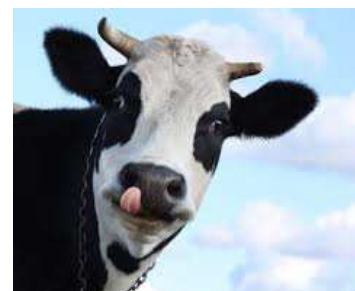


MILK SUBSTITUTES

Milk alternatives are widely available and growing in popularity. Milk substitutes fill a dietary void for vegans, animal advocates, people with high cholesterol, those with dairy allergies and the estimated 30 million who are lactose intolerant.



How does 1 cup whole milk compare to these milk alternates?

	Whole Milk	Flax Milk	Soy Milk	Almond Milk	Rice Milk	Coconut Milk
Calories	149	50	90	60	120	80
Total Fat	7.7g	2.5g	3.5g	2.5g	2.5g	5g
Protein	8g	0g	6g	1g	1g	1g
Calcium % Daily Value	28%	30%	45%	45%	30%	45%

➤ Most store bought alternate milks are calcium fortified



RICE MILK is made from boiled rice, brown rice syrup and brown rice starch. Rice milk contains more carbohydrates than cow's milk and does not contain lactose or cholesterol. Rice milk does not contain a lot of protein. Be sure to purchase rice milk that is fortified with the vitamins and minerals you need.

SOY MILK is naturally low in fat. Regular-fat soy milk contains slightly more fat per cup than 2% milk, but it is naturally free from saturated fat. Because it is made from plant material instead of an animal byproduct, soy milk contains no cholesterol. Soy milk is also higher in protein than other milk alternates. Soy milk protein is a complete protein and is highly digestible.

ALMOND MILK is a healthy alternative to cow's milk, and contains more vitamins and minerals than soy and rice milks. Almond milk is one of the most nutritious milk substitutes available. It doesn't contain saturated fats or cholesterol, but it does contain omega-3 fatty acids, so it's very good for your heart. Almonds are rich in vitamins and minerals. Almonds contain vitamin E, manganese, selenium, magnesium, potassium, zinc, iron, fiber, phosphorus and calcium. The flavonoids in almond milk help prevent cancer and slow the signs of aging. The high levels of an antioxidant vitamin E found in almond milk make it effective in the prevention of cancer.