

Like milk? There's a right one for you.



Milk is enjoyed by millions of people around the world.

Milk and dairy products have a wide range of uses, such as in cooking, baking, and everyday eating and drinking. While cow's milk remains popular, there are more milk choices today than ever before. You have many options when choosing the type of milk that best fits your dietary and nutritional needs.

Plant-Based Milk

If you are trying to avoid dairy or have any dietary restrictions, these plant-based milk products are a good substitute.

Soy Milk

- Made from soybeans, soy milk is a well-rounded replacement for cow's milk
- Contains a similar protein and often contains calcium and vitamins

Almond Milk

- Made by blending almonds with water and straining the mixture
- Almond milk is low in calories but may not provide as much protein unless it is added

Oat Milk

- Made from oats and water and is often added with nutrients
- Can be good if you have a nut or soy allergy
- Typically higher in carbohydrates but lower in fat than cow's milk

Coconut Milk

- Coconut milk is made from the grated flesh of coconuts
- While it is high in saturated fat, it can be a good option for adding richness to recipes if you prefer a dairy-free milk

Rice Milk

- Made from milled rice and water
- Often contains added nutrients to add nutritional value
- Rice milk tends to be thinner and lower in protein compared to other options



Cow's Milk

- Good source of nutrients like calcium, protein, vitamins, and minerals
- Known for its creamy texture and flavor
- Not a good option if you are lactose-intolerant or if you have milk allergies



Lactose-Free Milk

- Cow's milk that has been treated to break down lactose, making it safe for those with lactose intolerance
- Similar to cow's milk in nutrition value



Did you know?

People first started drinking milk more than 6,000 years ago!



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Other Types of Milk

In addition to cow's milk and plant-based milk, there are other milk options available.

Goat's Milk

- Similar to cow's milk but has a distinct flavor
- Goat milk has been recommended as a substitute for those allergic to the protein in cow's milk.
- Some people find it easier to digest due to its different protein structure.
- Not a good option if you are lactose-intolerant or if you have milk allergies

Hemp Milk

- Made from hemp seeds and water
- Good source of omega-3 fatty acids and protein
- Hemp milk is thinner and is often added with calcium and other nutrients

Whether you use cow's milk, plant-based milk, or other options like goat's milk or lactose-free milk, each type offers different values in terms of taste, nutrition, and health benefits. Tasting different milk types can be a fun way to try new flavors and find the perfect fit for your health and well-being.



Note: Only specific brands of soy milk currently fulfill the USDA's nutritional criteria for fluid milk substitutes, while almond, cashew, rice, oat, and other non-dairy milk options do not meet these standards and are not considered replacements for milk in school nutrition programs. The USDA recommends individuals 12 months to 23 months have 1-2 servings of dairy per day and 2 years and older should have 2-3 cups of dairy per day based on age and weight. Dairy being defined as cow's milk, yogurt, cheese, fortified soy beverages, and soy-based yogurt.

Sources: USDA.gov, NIH.gov



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