

Non-dairy/plant-based milks explored

By Ellen Schuster, BA, MS

They have different names or phrases - plant-based milk, non-dairy milk, dairy milk alternative. Whatever you call them, they are taking up a lot of room in the dairy case. And the FDA is weighing in - they just closed a comment period for labeling issues @

<https://www.federalregister.gov/documents/2018/09/28/2018-21200/use-of-the-names-of-dairy-foods-in-the-labeling-of-plant-based-products> so stay tuned! (Here's the FDA Commissioner's official statement

@ <https://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm621824.htm>.)

What does the public understand about these milks?

An International Food Information Council consumer survey about milks - According to online interviews of 1000 adults in August 2018, about 75% understood that plant-based milks don't contain cow's milk.

<https://www.foodinsight.org/whats-in-a-name-types-of-milk-dairy-nondairy-alternatives-consumer-research>

Infographic

9 dairy-free milks (pros and cons) - soy, almond, coconut, hemp, rice, oat, sunflower, quinoa and flax

<https://www.sheknows.com/health-and-wellness/articles/1077395/alternative-milks-explained-infographic/>

Articles

**Which type of milk is healthiest? - co-written by Keri Gans, RDN, cashew, soy, coconut, hemp and almond milks are explained

<https://health.usnews.com/wellness/food/articles/which-type-of-milk-is-healthiest>

**Plant-based milk vs. cow's milk: what's the difference? - 3 nutrition professors provide their expertise and remind us that some alternative milks are low in protein - a concern for children and the elderly.

<https://www.bestfoodfacts.org/is-plant-based-milk-healthy/>

**A nutritional comparison of dairy and plant-based milk varieties from MyFitnessPal - cow, almond, coconut, oat, pea, rice, soy are compared with regard to calories, sugars, carbs, protein, fat/sat fat, Vitamin D, calcium, potassium and allergy considerations.

<https://blog.myfitnesspal.com/a-nutritional-comparison-of-dairy-and-plant-based-milk-varieties/>

**Non-dairy milk explained - calories, sugar, fat and protein in almond, cashew, coconut, flax, hemp, oat, pea, quinoa, soy, rice milks compared to 1% milk

<https://blog.ohiohealth.com/sip-skip-non-dairy-milk-explained/>

**How to choose from 13 types of milk - with the help of an RD, detailed nutrient info for almond, rice, soy, hemp, flax, hazelnut, coconut, oat, cashew, goat, skim, 2%, whole milks is provided as well as what each tastes like and how each could best be used.

<https://www.shape.com/healthy-eating/diet-tips/13-types-milk-do-your-body-good>

**Comparison of dairy milk alternatives - an MD and RD provide child nutrition info as well as a chart of detailed nutrient info is provided for whole, rice, soy, coconut, almond, oat and hemp milks.

<https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Milk-Allergy-Foods-and-Ingredients-to-Avoid.aspx>

**Non-dairy milks - almond, pea protein, coconut are reviewed as well as some specific claims

<https://www.nutritionaction.com/daily/what-to-eat/our-take-on-the-latest-non-dairy-milk-trends/>

**15 non-dairy milks taste-tested and ranked - peanut, rice, pea, plant protein, cashew, brown rice, soy, coconut, hazelnut, banana, walnut, almond, flax, oat, macadamia

<https://www.foodandwine.com/lifestyle/non-dairy-milks-ranked>

**Non-dairy milks - soy, almond, coconut, oat, rice, cashew, macadamia, hemp and quinoa are compared with regard to their evidence base

<https://www.healthline.com/nutrition/best-milk-substitutes#section1>

**What is the best milk substitute? Soy, almond, hemp, flax, oat, rice and coconut milks are compared by an RD.

<https://foodandnutrition.org/blogs/stone-soup/what-best-milk-substitute/>

**What's new in the dairy-free aisle? A 2015 article written by a health writer looks at almond, coconut, hemp and other plant-based milks.

<http://www.todaysdietitian.com/newarchives/021115p30.shtml>

**Plant-based dairy alternatives guide - 2 page PDF from Sharon Palmer's The Plant Powered Diet, the first page of the PDF looks at plant-based milks including lite, flavored and unsweetened versions with regard to their calories, protein, fat/sat fat and sugar as well as their flavor

<http://www.todaysdietitian.com/pdf/webinars/PlantBasedDairyAlternativesGuide.pdf>

Podcast

Science vs. looks at soy, oat, almond milks (11 minutes) - are they good for the environment? Concerns include water and land needed for growing.

<https://www.gimletmedia.com/science-vs/soy-almond-oat-milks-are-they-udder-bull#episode-player>

Looking for a laugh?

Here's an article with some funny names for these 'milks'

<https://food52.com/blog/18813-what-could-we-call-plant-milks-that-aren-t-actually-milk>

Krishnakumar