



Milk vs Milk Alternatives



What's in the milk I'm drinking?

- ✓ Milk refers to cow's milk or dairy milk
- ✓ A “milk” alternative refers to white beverages that look like milk but are made from plant-based sources such as soy, rice, almond and coconut.



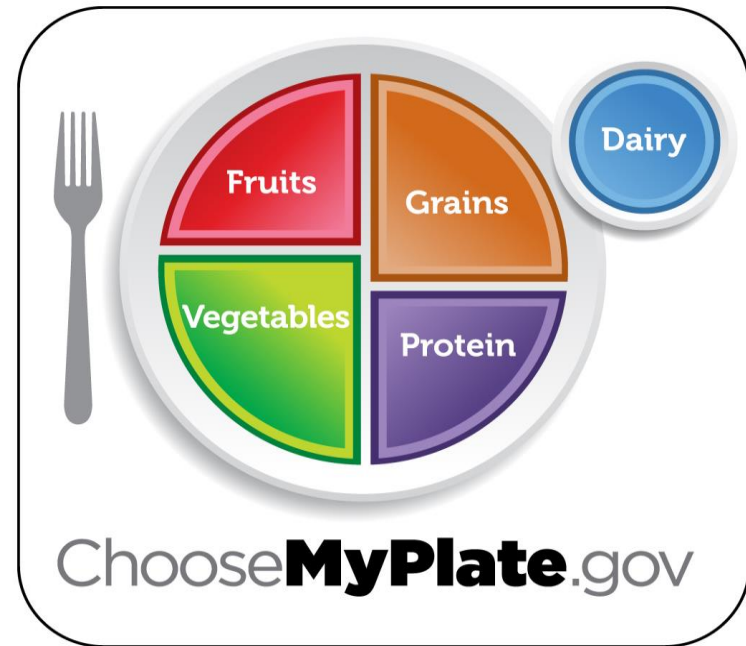
The Dietary Guidelines for Americans recommend adults and children over 9 years...

- Include **three** servings of Dairy foods in their daily eating plan.

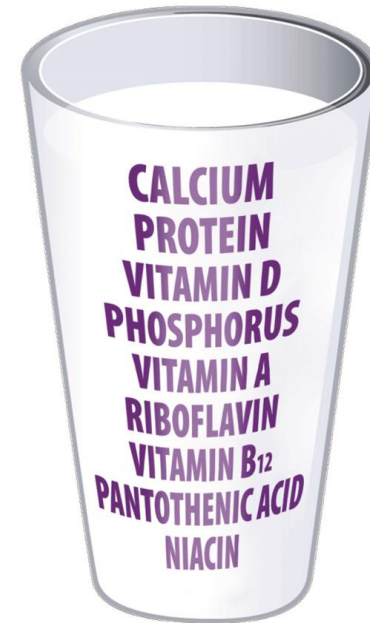
For more information on

healthy eating plans go to :

www.ChooseMyPlate.gov



**Milk is naturally
nutrient rich,
providing a
package of
nine essential
nutrients...**



- ✓ There are many non-dairy alternatives on the market today.
- ✓ Most plant-based alternatives are fortified to try to match milk's unique nutrition package.

Let's take a look at how these beverages stack up...



When comparing beverages consider....

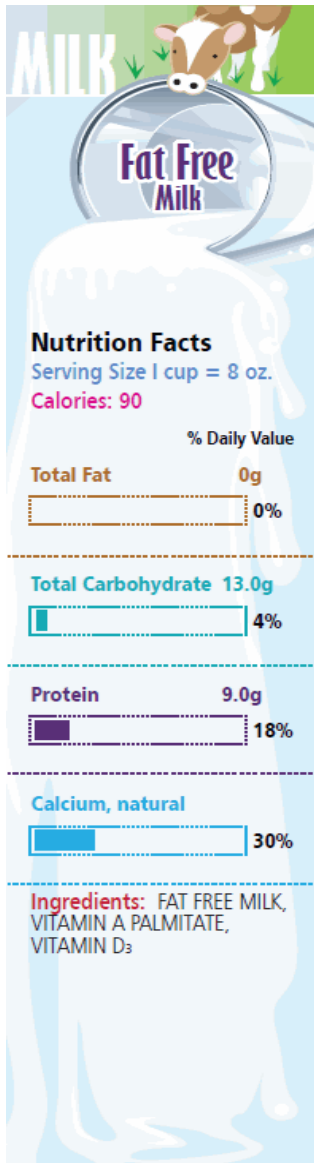
- ✓ **Cost:** Which is the best deal?
- ✓ **Taste:** Will you drink it?
- ✓ **Availability:** Can you find it at your store?
- ✓ **Nutrition:** What's on the label?

Nutrition Facts food label

- ✓ Not all nutrients found in milk and milk alternatives are listed on the Nutrition Facts label.
- ✓ Serving size for milk and milk alternative is 1 cup or 8 fluid ounces.
- ✓ The Percent Daily Values (%Daily Value) are based on a 2000 calorie diet.
- ✓ Dairy milk products have nutrition standards - milk alternatives do not.
- ✓ Nutrient amounts may vary based on the brand of the milk alternative.

Nutrition Facts	
8 servings per container	
Serving size	1 cup (240mL)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 105mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 3mcg	15%
Calcium 305mg	25%
Iron 0mg	0%
Potassium 370mg	8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Values in the Nutrition Facts Panel are based on USDA Database SR28 #01082 for illustration purposes only. Manufacturer data may vary and each milk variety will differ. Added sugar was calculated using the following information: 8 fluid oz of low-fat milk (#01082) contains 13 g intrinsic sugar and 0 grams added sugar.



When it comes to nutrition, not all milks are created equal...read the label and compare.

- ✓ Check **Calories** per 1 cup serving.
- ✓ **Total Fat** can vary within each category.
- ✓ **Total Carbohydrate** includes natural and added sugars.
- ✓ Milk is a great **Protein** source – 8 grams or more.
- ✓ Naturally occurring **Calcium** is easily absorbed by our bodies.
- ✓ Less is more when it comes to the **Ingredients** list-start counting.

MILK

Fat Free Milk

Nutrition Facts
Serving Size 1 cup = 8 oz.
Calories: 90

		% Daily Value
Total Fat	0g	0%
Total Carbohydrate	13.0g	4%
Protein	9.0g	18%
Calcium, natural		30%

Ingredients: FAT FREE MILK, VITAMIN A PALMITATE, VITAMIN D₃

MILK

Lactose-Free Milk (fat-free)

Nutrition Facts
Serving Size 1 cup = 8 oz.
Calories: 90

		% Daily Value
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Total Carbohydrate	13.0g	4%
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Calcium, natural		30%

Ingredients: FAT FREE MILK, VITAMIN A PALMITATE, VITAMIN D₃, LACTASE ENZYME

"MILK"

Soy Beverage*

Nutrition Facts
Serving Size 1 cup = 8 oz.
Calories: 110

		% Daily Value
Total Fat	4.5g	7%
Total Carbohydrate	9.0g	3%
Protein	8.0g	16%
Calcium, added		45%

Ingredients: SOYMILK (FILTERED WATER, WHOLE SOYBEANS), CANE SUGAR, SEA SALT, CARRAGEENAN, NATURAL FLAVOR, TRI-CALCIUM PHOSPHATE, CALCIUM CARBONATE, VITAMIN A PALMITATE, VITAMIN D₂, RIBOFLAVIN (B₂), VITAMIN B₁₂

"MILK"

Almond Beverage*

Nutrition Facts
Serving Size 1 cup = 8 oz.
Calories: 60

		% Daily Value
Total Fat	2.5g	4%
Total Carbohydrate	8.0g	3%
Protein	1.0g	2%
Calcium, added		45%

Ingredients: ALMOND MILK (FILTERED WATER, ALMONDS), EVAPORATED CANE JUICE, CALCIUM CARBONATE, SEA SALT, POTASSIUM CITRATE, CARRAGEENAN, SUNFLOWER LECITHIN, VITAMIN A PALMITATE, VITAMIN D₂, D-ALPHA-TOCOPHEROL (NATURAL VITAMIN E)

"MILK"

Coconut Beverage*

Nutrition Facts
Serving Size 1 cup = 8 oz.
Calories: 70

		% Daily Value
Total Fat	4.5g	7%
Total Carbohydrate	8.0g	3%
Protein	0g	0%
Calcium, added		10%

Ingredients: ORGANIC COCONUT MILK (WATER, ORGANIC COCONUT CREAM), ORGANIC DRIED CANE SYRUP, CALCIUM PHOSPHATE, MAGNESIUM PHOSPHATE, CARRAGEENAN, GUAR GUM, VITAMIN A PALMITATE, VITAMIN D-2, L-SELENOMETHIONINE (SELENIUM), ZINC OXIDE, FOLIC ACID, VITAMIN B-12

"MILK"

Rice Beverage*

Nutrition Facts
Serving Size 1 cup = 8 oz.
Calories: 120

		% Daily Value
Total Fat	2.5g	4%
Total Carbohydrate	23.0g	8%
Protein	1.0g	2%
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Ingredients: FILTERED WATER, BROWN RICE (PARTIALLY MILLED), EXPELLER PRESSED HIGH OLEIC SAFFLOWER OIL AND/OR SUNFLOWER OIL AND/OR CANOLA OIL, TRICALCIUM PHOSPHATE, SEA SALT, VITAMIN A PALMITATE, VITAMIN D₂, VITAMIN B₁₂

Calories

- ✓ The calories will vary depending on the amount of protein, fat and carbohydrate the beverage contains.
- ✓ Protein provides **4** calories per gram.
- ✓ Fat provides **9** calories per gram.
- ✓ Carbohydrates provide **4** calories per gram.
- ✓ Added carbohydrates such as sugars and fillers can add calories to the beverage.
- ✓ To find your calorie needs go to **www.ChooseMyPlate.gov**.

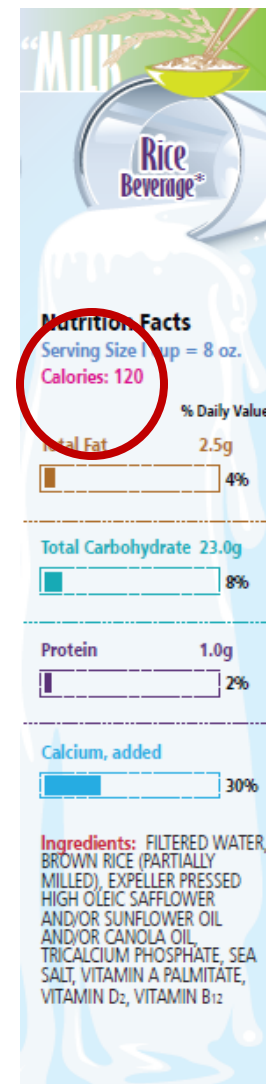
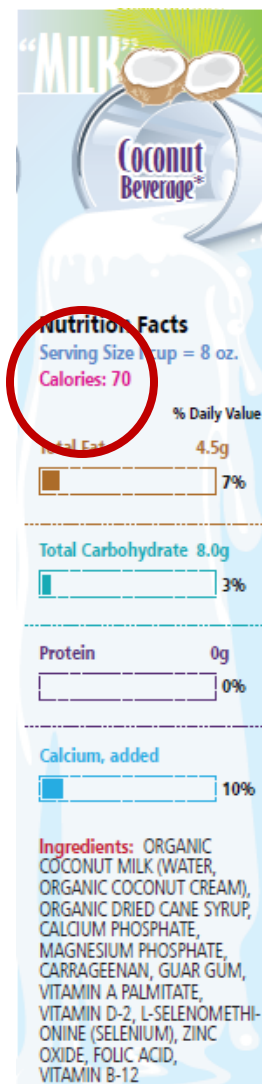
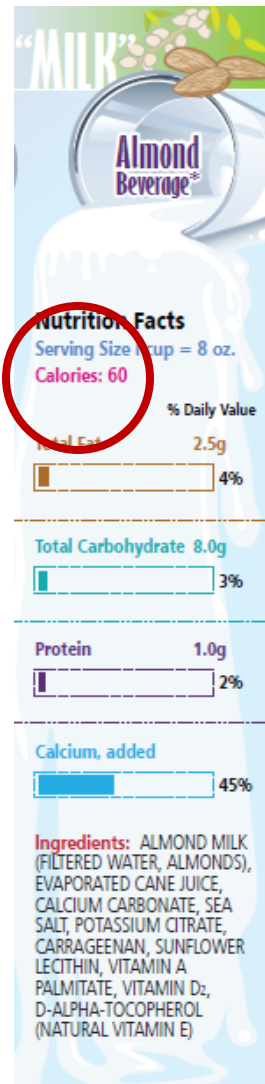
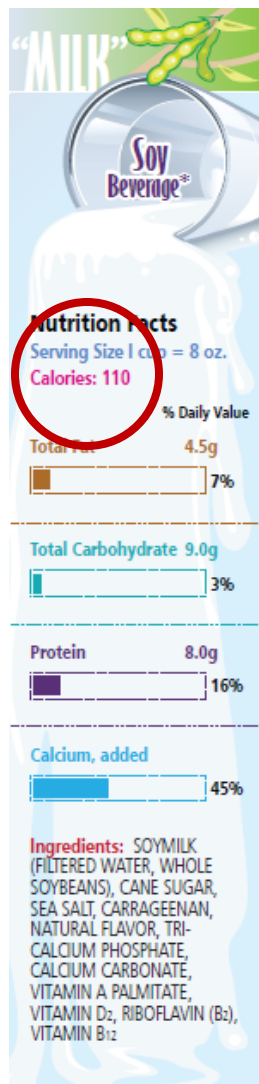
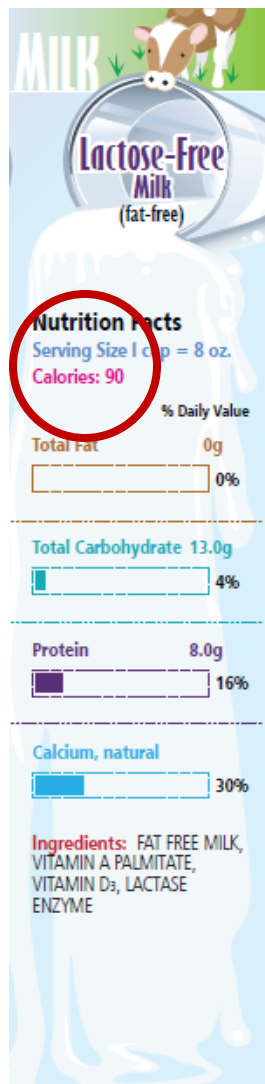
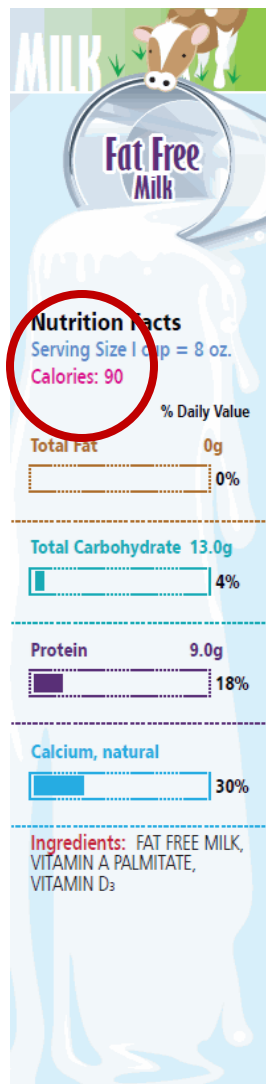
Calories

- ✓ To reduce calories switch from a whole or full-fat beverage to a lower fat option such as 1%, fat-free or nonfat.
- ✓ The amount of the nine essential nutrients found in milk will stay the same regardless of the fat content.
- ✓ Double check the serving size – a standard serving for milk is 1 cup or 8 ounces.



Which milk has the most Calories?





Total Fat

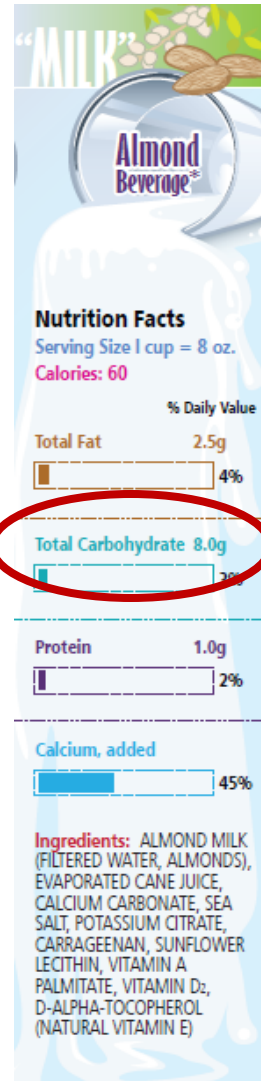
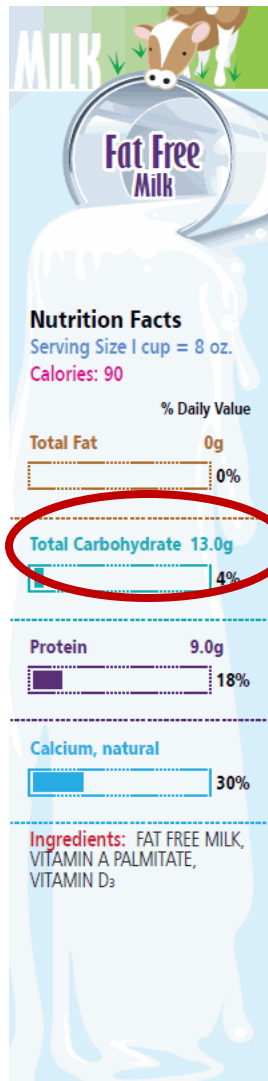
- ✓ Fats are an essential part of a healthy eating plan. The type and amount of fat you consume is important to your overall health.
- ✓ The food label **must** provide information on the amount of total fat, saturated fat, trans fat and cholesterol the product contains.
- ✓ High intakes of saturated fat, trans fat and cholesterol may increase the risk of heart disease.
- ✓ Polyunsaturated and monounsaturated fats generally do not increase risk of heart disease. Choose foods with these fats more often.

Total Fat

- ✓ Remember: fat provides 9 calories per gram.
- ✓ Read the Nutrition Facts food label to find out how many grams of fat are in your beverage choice.
- ✓ Choose low-fat or fat-free milk and milk alternative beverages most often.



List the milk(s) with
the least amount of
Total Fat.



Total Carbohydrate

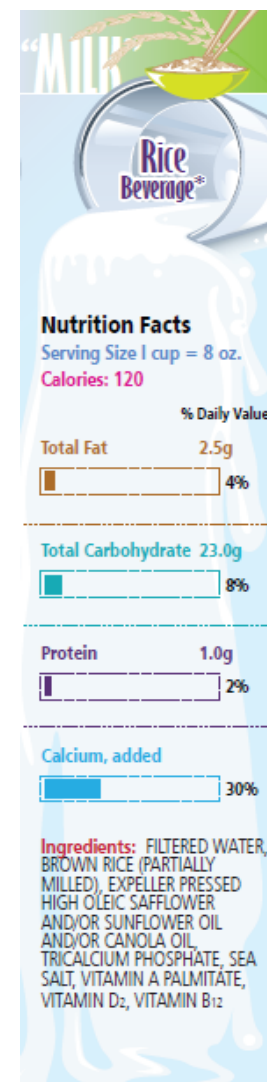
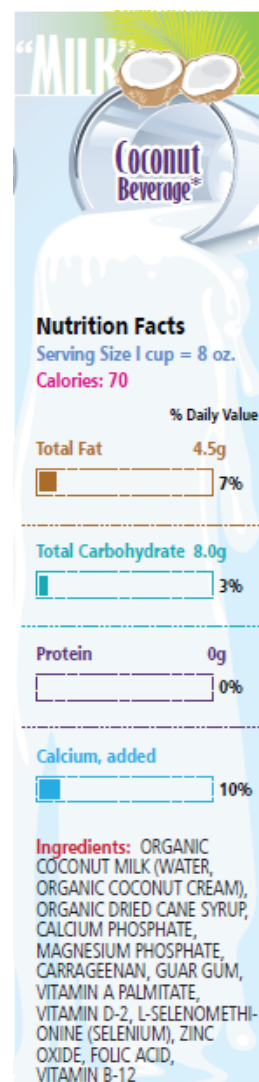
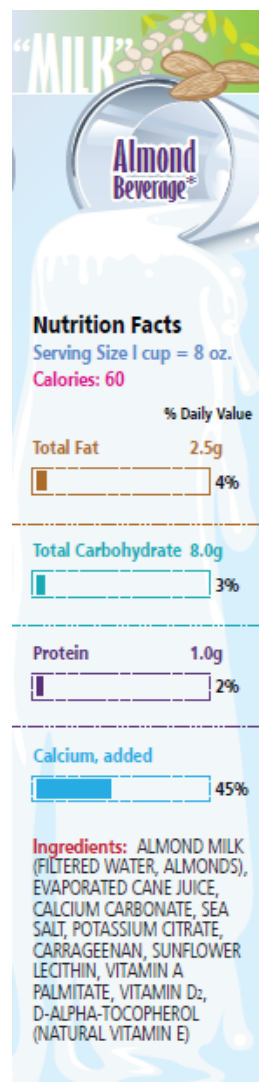
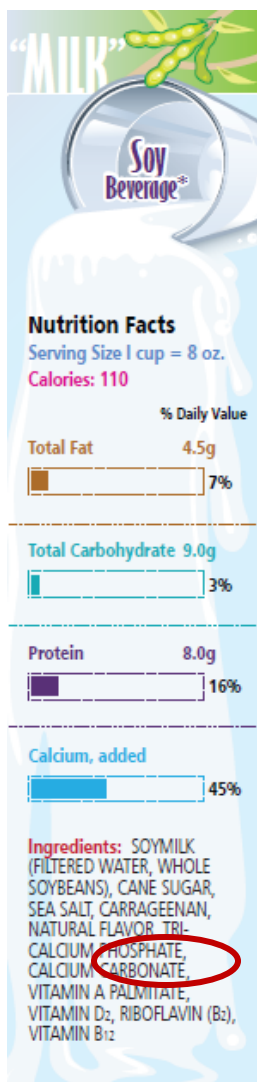
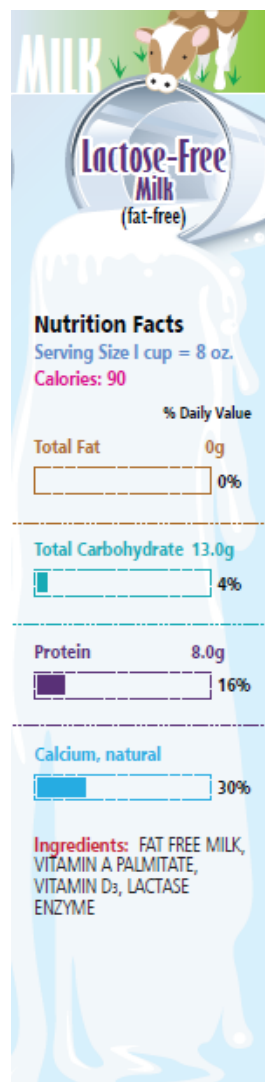
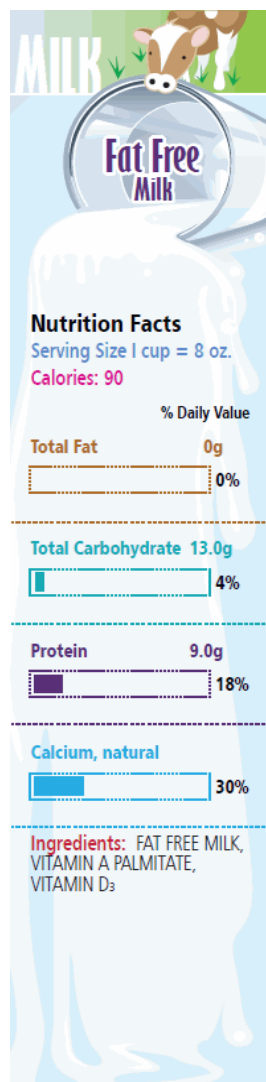
- ✓ Total carbohydrates include complex carbohydrates (found in plant foods), dietary fiber and sugars-both **added** and naturally occurring sugars.
- ✓ **Added** sugars increase the calorie content of the beverage.
- ✓ Read the ingredient list to find **added** sugars and sugar substitutes. Look for words that end in “ose” or contain the words cane, corn or syrup.

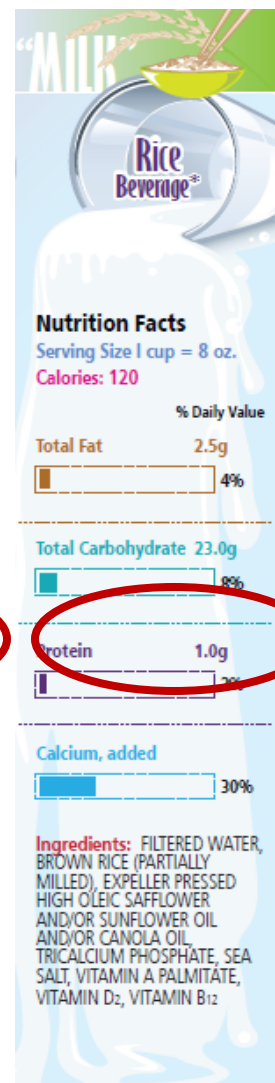
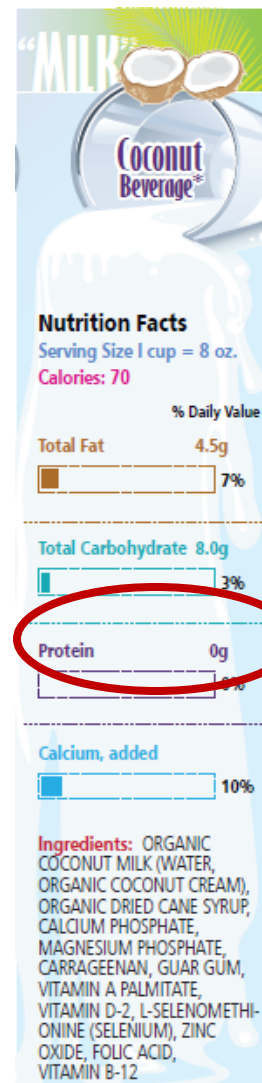
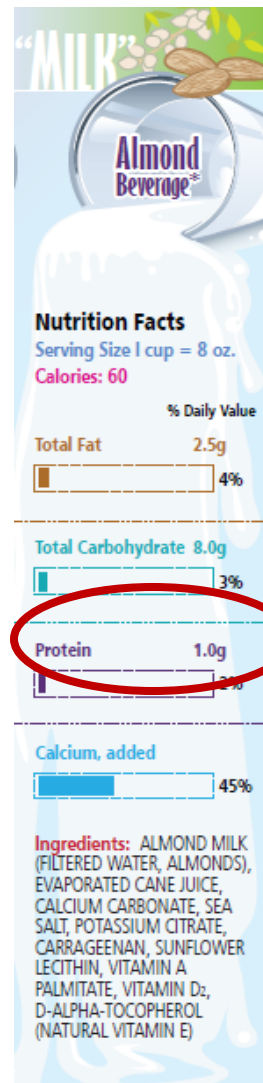
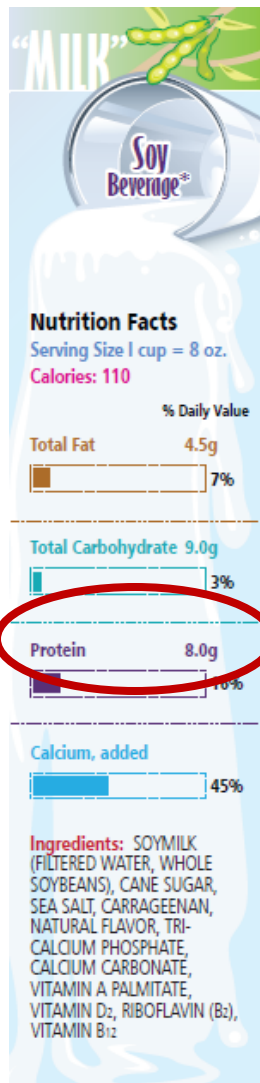
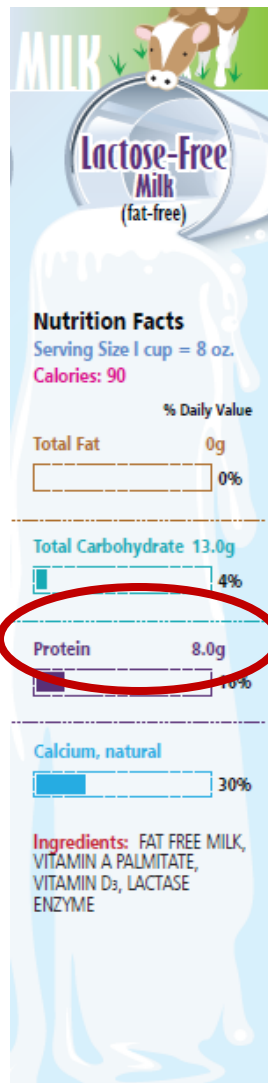
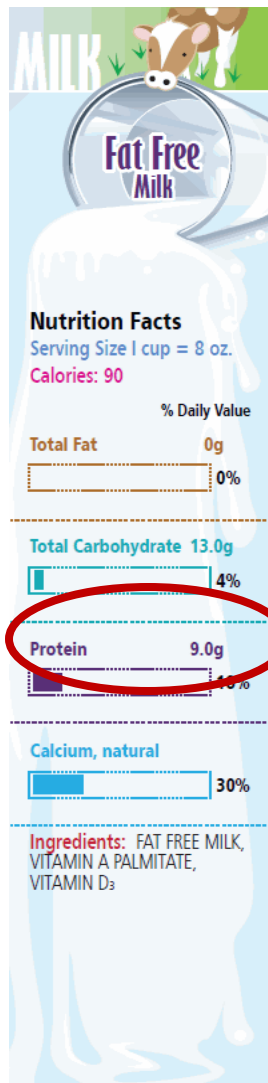
Total Carbohydrate

- ✓The carbohydrate in milk is lactose - a natural sugar found in dairy foods.
- ✓Flavored milk and “milk” alternatives provide additional calories from added sugars.
- ✓For example: chocolate milk is a healthy choice with 9 essential nutrients and about 30 extra calories from added sugar.



Find and circle all
the added sugars
listed on the
Ingredients List
of each milk.





Protein

- ✓ Protein builds and maintains muscle, keeps our blood healthy and our body structure strong.
- ✓ The dairy food group provides 6–9 grams of protein per serving.
- ✓ Dairy milk protein is a high quality complete protein meaning it provides all of the essential building blocks needed for good health.
- ✓ Most plant based proteins are not complete proteins. Soy protein is a complete protein.

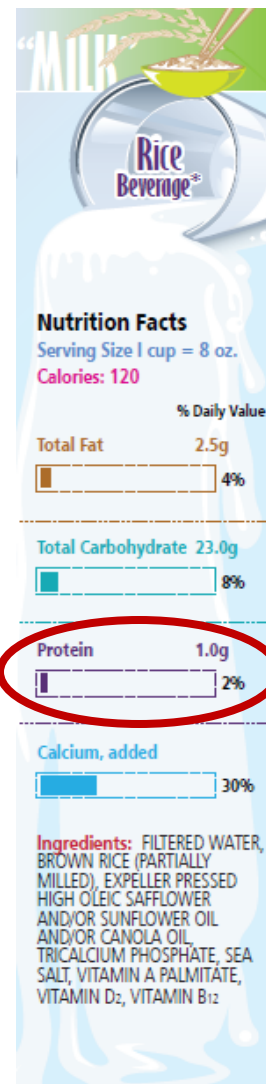
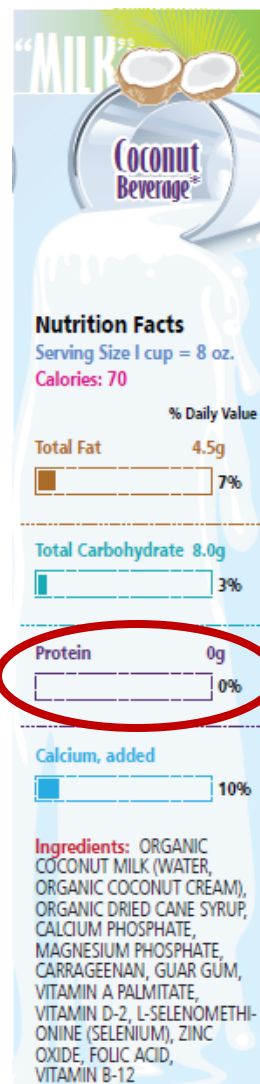
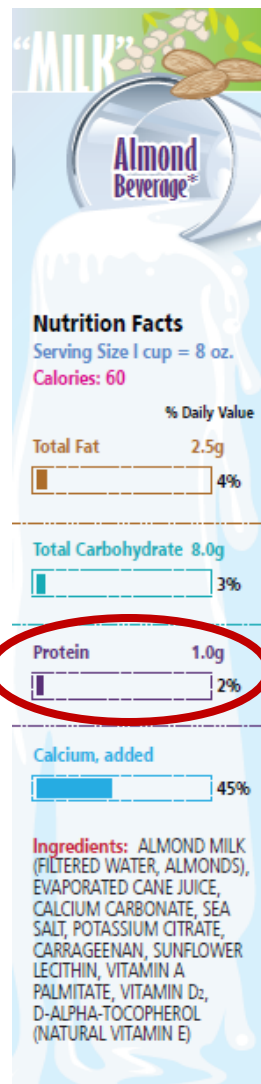
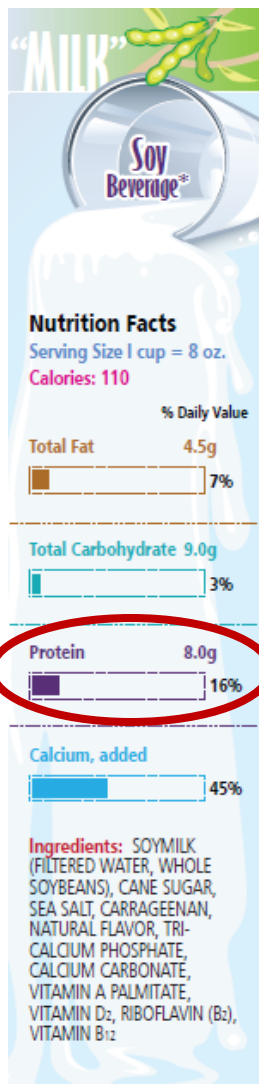
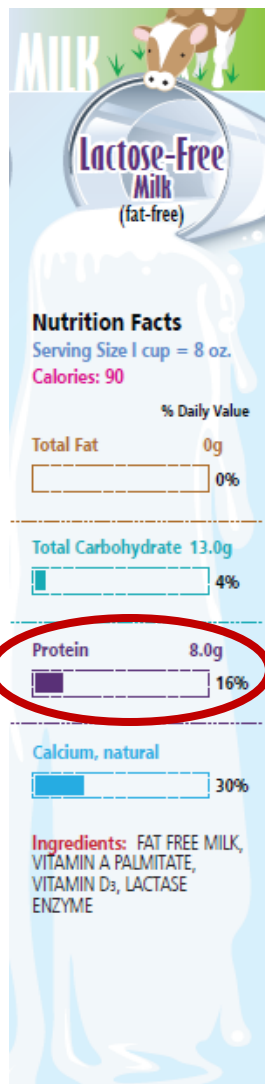
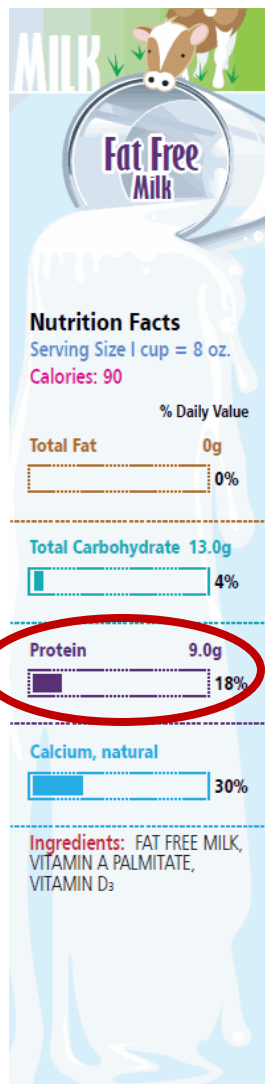
Protein

- ✓ Many milk alternatives provide 1 gram or less of protein per serving.
- ✓ Soy beverage provides 8 grams of protein per serving and is listed as a dairy food group choice.
- ✓ Read the Nutrition Facts label to see how many grams of protein your beverage contains.



What milk(s)
provides
the most Protein.





Calcium

- ✓ Calcium is an essential nutrient found naturally in milk and other dairy products.
- ✓ Calcium is needed to build and maintain bone mass and strength, help with blood clotting and keep a normal heartbeat. Everybody needs calcium- from infants to adults!
- ✓ Dairy milk provides a highly absorbable source of calcium.

Calcium

- ✓ Calcium supplements are added to milk alternatives.
- ✓ Some calcium supplements are not as readily absorbed as naturally occurring calcium.
- ✓ Know how much calcium you need each day for good health.
- ✓ For more information go to **ChooseMyPlate.gov**.



Identify two forms
of added Calcium
found in the
Ingredients list.

MILK

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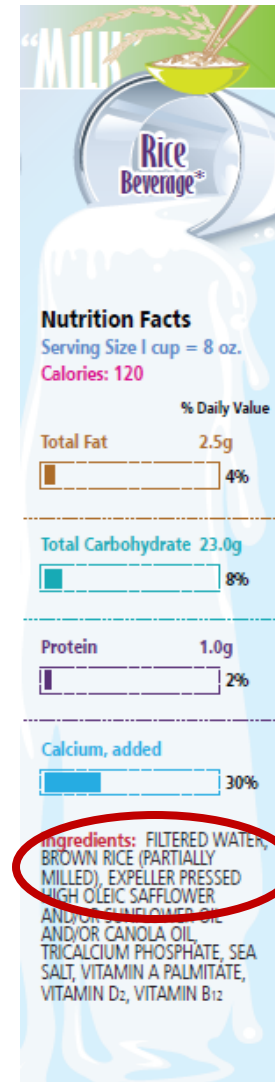
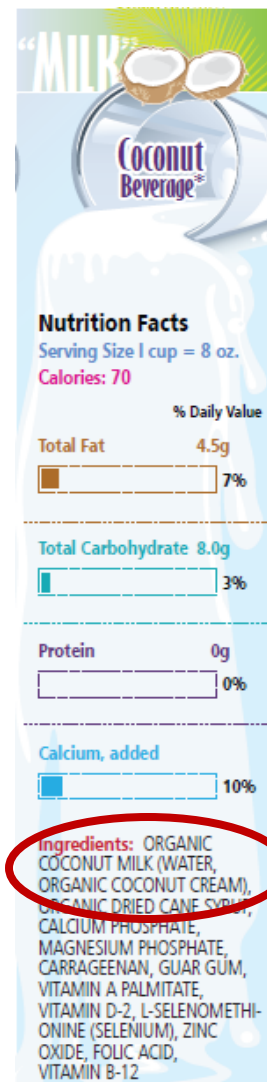
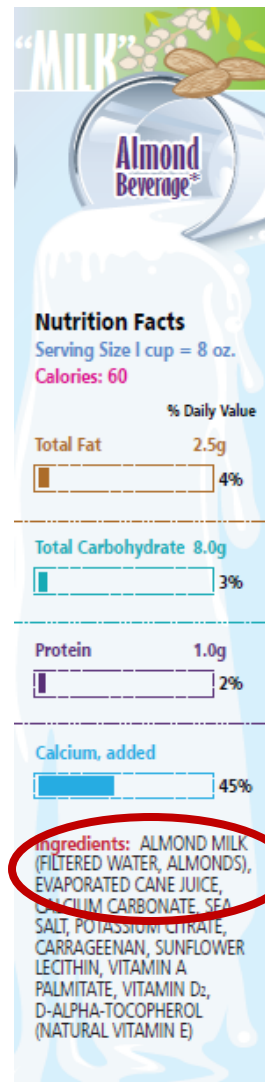
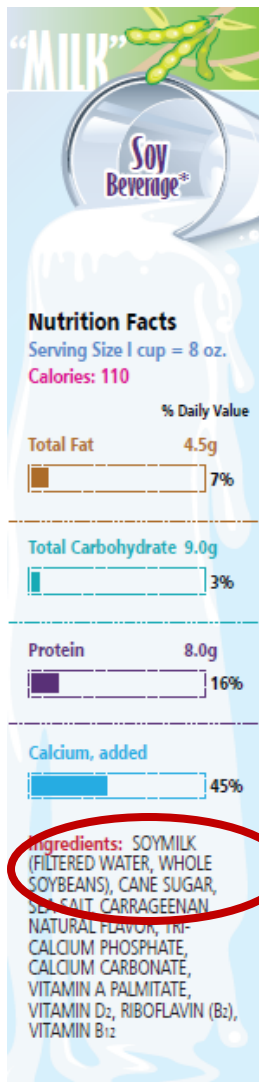
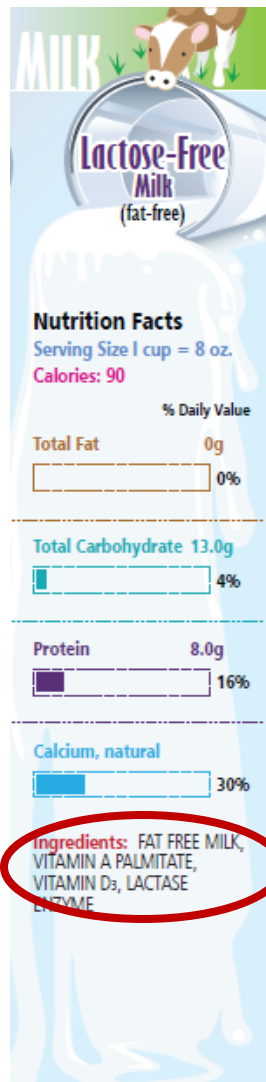
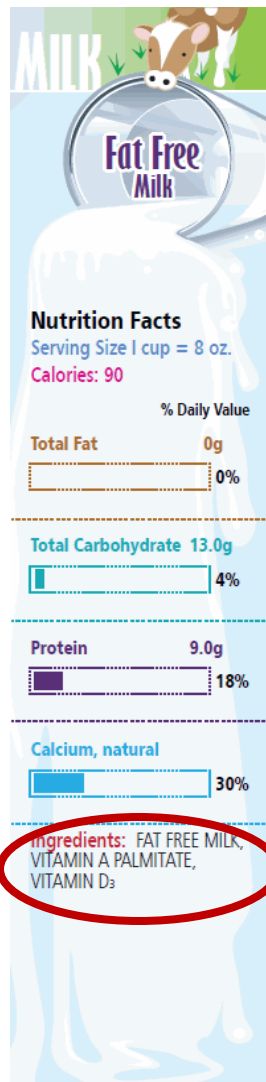
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Ingredients

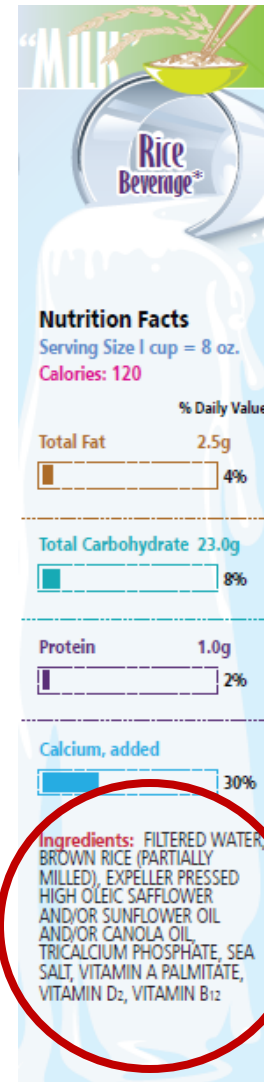
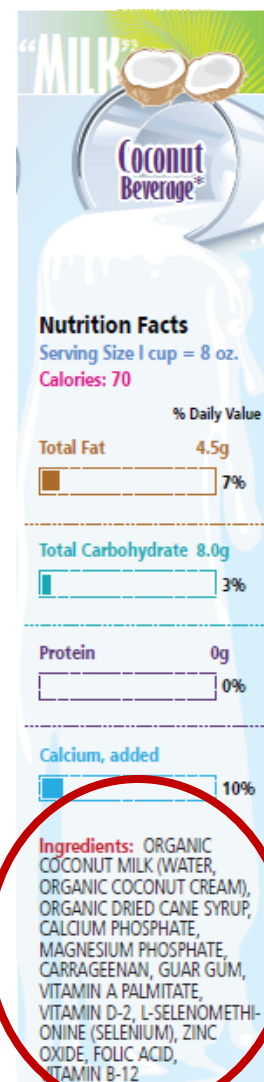
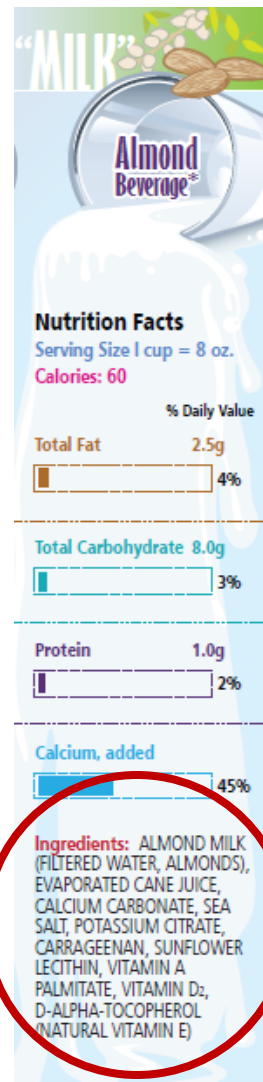
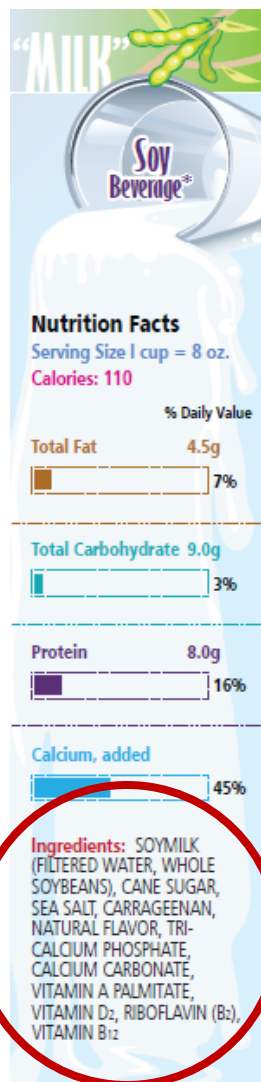
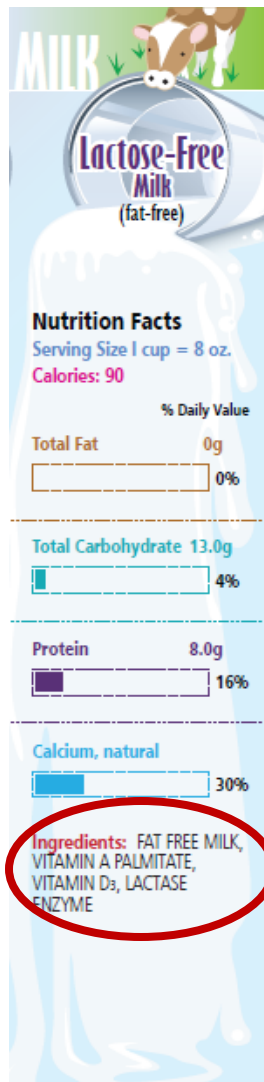
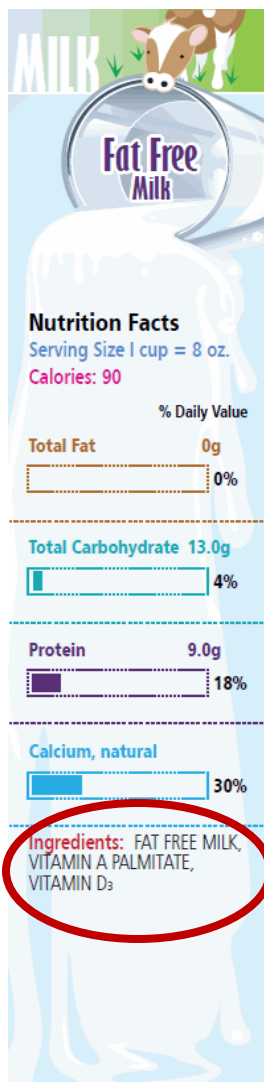
- ✓ Less is more when it comes to the ingredient list.
- ✓ Product ingredients are listed in descending order of prominence and weight.
- ✓ Look for added ingredients such as:
 - ✓ Stabilizers Ex: Carrageenan, guar gum
 - ✓ Sugars Ex: Evaporated cane juice, cane sugar
 - ✓ Flavoring Ex: Natural Flavor, vanilla extract
 - ✓ Nutrients Ex: Calcium carbonate, vitamin B12

Ingredients

- ✓ Added ingredients can add calories to the beverage.
- ✓ Milk is naturally good without added sugars, stabilizers or flavorings and provides nine essential nutrients needed for good health.
- ✓ Look at the ingredient list on your beverage carton. How many items are listed?



Which milk(s) has
the highest number
of Ingredients?



Lactose Intolerance vs. Milk Allergy

Get the facts before you choose your
beverage.

Lactose intolerance and **milk allergy** are
not the same thing.

Lactose Intolerance

- ✓ Being lactose intolerant means you cannot digest lactose.
- ✓ Symptoms will vary depending on how much lactase your body makes. Symptoms will include bloating, stomach pain and gas.
- ✓ Most often starts during teen or adult years.
- ✓ Many can tolerate small amounts of dairy foods low in lactose such as hard cheeses.
- ✓ Lactose free milk and soy beverage may be good alternatives.

Milk Allergy

- ✓ Milk allergy is an abnormal response by the body's immune system to the protein in milk products.
- ✓ Symptoms include wheezing, vomiting, hives and digestive problems which can be mild or very severe.
- ✓ Usually seen in young children and often outgrown by age 3.
- ✓ Must avoid all milk and products made with milk.
- ✓ See physician for correct diagnosis.

Check the Labels...

Get the Facts...

Drink Your Milk!

Read the Nutrition Facts food label to compare the nutrient content of different beverages.

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What have I learned?

- ✓ I will choose a beverage that is high in nutrients.
- ✓ I will choose a beverage that I can afford and is readily available to me.
- ✓ I will choose a beverage that tastes good.
- ✓ I will consume **three** servings every day from the dairy food group.



Your milk choice matters...

Think **Nutritious**
and Delicious
when choosing
your best option.



My milk choice
is.....

