



Non-Dairy Milks

Health Benefits of Non-dairy Milks

Dairy-alternative milks have less fat and fewer Calories than animal dairy and contain no cholesterol, lowering risk for heart disease. Products can vary widely in nutrients and most are enriched with calcium, and vitamins A & D. Choose unsweetened varieties.

Potential benefits of using non-dairy milks:

- Reduce inflammation, lower insulin levels
- Non-estrogenic, reducing risk for estrogen-sensitive cancers
- Less likely to be allergenic, contain no lactose, easier to digest
- Do not contain hormones or antibiotics. Buy organic when possible
- Grain milks contain vitamin E and polyphenol antioxidants
- Soy milk contains isoflavones, antioxidants that fight cancer
- Soy, oat and hemp milks have more protein compared to rice, almond and coconut
- Read ingredient labels. Select brands that do not contain carrageenan (thickener) or added sweeteners
- Can be made at home with water and a high-speed blender
- Can be used 1:1 in recipes

For more Healthy Bytes Initiative information, visit:
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