

Health Benefits of Non-Dairy Milks

- Reduce inflammation, lower insulin levels, lower risk of heart disease
- 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 and used 1:1 in recipes

Non-Dairy Milks

Less fat & Calories with no cholesterol, these can vary widely in nutrients. Most are enriched with calcium and vitamins A & D. Choose unsweetened varieties.



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