

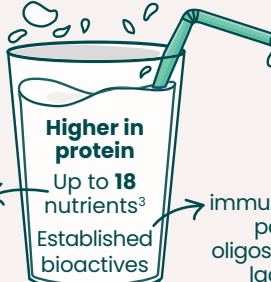
Demystifying MILK

COW'S MILK

All beta-casein free, fat-modified, lactose-free

PLANT MILK

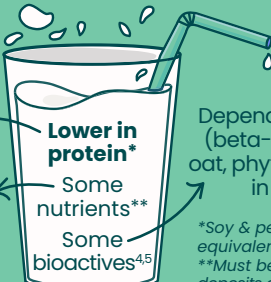
Almond, cashew, coconut, hemp, oat, rice, soy, spelt, pea

Higher in protein
Up to **18** nutrients³
Established bioactives

Ca=200mg/100g, K, Zn, Mg, P, vit A, B2, B12

immunoglobulins, peptides, oligosaccharides, lactoferrin



Depends on type

Lower in protein*

Ca=100mg/100g if fortified (~50% are^{1,3}) + bioavailability lower²

Depends on type (beta-glucan in oat, phytoestrogen in soy)

Some nutrients**

Some bioactives^{4,5}

*Soy & pea may be equivalent^{1,5}
**Must be shaken as Ca deposits at bottom of carton



Caution for:
Acne,
Fe-deficiency in infants

Strong & beneficial⁶ for obesity + chronic disease (CVD, stroke, hypertension, T2DM) + osteoporosis



Limited & unknown
Not suitable for children under 5y^{7,8}



*CO2 emissions similar when nutrient density considered in modelling²



Greater footprint*

Can be part of a sustainable diet up to 500g/day¹¹



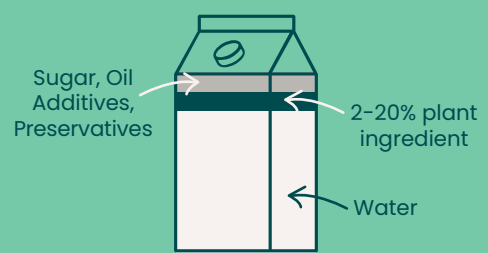
Lower footprint

Choice may negatively impact nutrient adequacy¹²



100% milk

Minimally-processed



Ultra-processed

WHAT TO RECOMMEND?

Depends on the person, but watch out for nutrient adequacy 

CONSIDER the nutrient it provides, the clinical evidence, the environmental impact and processing level along with the individual needs:



Intolerance?

Allergy?

Diet (vegan/vegetarian)?

Beliefs (religious)?

Nutrient needs?

Culinary needs (use/purpose)?

Health conditions?

References: 1. Zhang et al, *Nutrients*. 2020;12(5):1254. 2. Heaney et al, *Am J Clin Nutr*. 2000;71(5):1166-9. 3. AFCD-2, Food Standards Australia New Zealand. 2022. 4. Aydar et al, *J Funct Foods*. 2020;70:103975. 5. Walther et al, *Front Nutr*. 2022;9:988707. 6. Zhang et al, *Nutr Metab*. 2021;18:7. 7. Merritt et al, *J Pediatr Gastroenterol Nutr*. 2020;71(2):276-81. 8. Morency et al, *Am J Clin Nutr*. 2017;106(2):597-602. 9. Ridoutt et al, *Nutrients*. 2020;12(5):1212. 10. Agrifoods Network [Internet]. 2021 [cited 2023 Feb 27]. Available from: <https://bit.ly/sustainablefooddietquality>. 11. Willett et al, *Lancet*. 2019;393(10170):447-92. 12. Aceves-Martins et al, *Front Nutr*. 2022;9:851826. 13. Marino et al, *Nutrients*.



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