

NUTRITION TO GO



Milk Mysteries - Cow Vs. Non-Dairy Milks

Not long ago, cow's milk (a dairy milk) was the only option when you wanted milk. Today, you can find many different types of milk that are not cow's milk. A non-dairy milk is made from a non-animal source and can be used in place of cow's milk in meals and recipes. Some common non-dairy milks include soy milk, almond milk, coconut milk and oat milk.



Why drink cow's milk?

- 1. All natural ingredients.** The vitamins, minerals and sugar in plain milk comes directly from the cow. In non-dairy milk, vitamins and minerals may be added.
- 2. Good source of protein.** All cow's milk has 8 grams of protein in a 1 cup serving. This is about the same amount of protein as 1 egg, or 1 ounce of fish or meat.
- 3. Cow's milk usually costs less.** For 1/2 gallon, cow's milk is usually \$1 cheaper than non-dairy milks.
- 4. Cow's milk is soy-free and nut-free.** Cow's milk does not contain soy or nuts, which are two common food allergies.



Why do some people choose to drink non-dairy milk?

- 1. Contains no lactose.** Some people may be sensitive to lactose, the natural sugar found in cow's milk. Non-dairy milks do not have lactose. There is also lactose-free cow's milk (such as Lactaid).
- 2. Food allergy to cow's milk.** Some people have allergies to a protein found in cow's milk. Non-dairy milk does not have this protein.
- 3. Vegan diet.** Some people may not eat or drink animal products for cultural, religious, ethical or other personal reasons. Non-dairy milks are made from plants and do not contain animal products.

- Not all non-dairy milks are able to substitute for cow's milk in recipes.
- Non-dairy milks may have hidden added sugars to improve the flavor.
- Non-dairy milk is often sold in shelf-stable packaging. Once opened, all non-dairy milks should be stored in the refrigerator.

Banana Smoothie

Prep time: 3 minutes
Cook time: 0 minutes
Serving size: 1 cup
Servings per recipe: 4

Nutrition Facts

4 servings per container	
Serving size	1 cup
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 1mcg	6%
Calcium 165mg	15%
Iron 0mg	0%
Potassium 396mg	8%

*The % Daily Value 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.

Ingredients

- 2 bananas
- 1 cup unsweetened soy milk
- 1 cup 100% orange juice

Directions

1. Peel the bananas, break into pieces and put into blender.
2. Add soy milk and orange juice.
3. Blend until smooth and pour into cups. Enjoy!

Tip: This smoothie is a great way to try a non-dairy milk. If you only have cow's milk, that is another great option! Try using frozen bananas for an extra refreshing option with a thicker texture.

Comparing Milks

There are a lot of milks at the store. How do different milks compare in price and nutrition?

	Low-Fat Cow's Milk	Almond Milk*	Soy Milk*	Oat Milk*	Rice Milk*	Coconut Milk*
Calories	110	60	110	130	120	80
Grams						
Protein	8 g	1 g	8 g	4 g	1 g	<1 g
Fat	2.5 g	2.5 g	4.5 g	4.5 g	4.5 g	5 g
% Daily Value						
Calcium	30%	45%	45%	35%	45%	45%
Vitamin D	25%	25%	30%	25%	30%	25%

Nutrition is based on a
1 cup serving

*Unsweetened and fortified (vitamins and minerals added to milk) varieties