



NOT JUST FOR PEOPLE WITH

LACTOSE INTOLERANCE

When someone says the words "**dairy-free alternatives**", they may naturally begin to think about people with lactose intolerance.

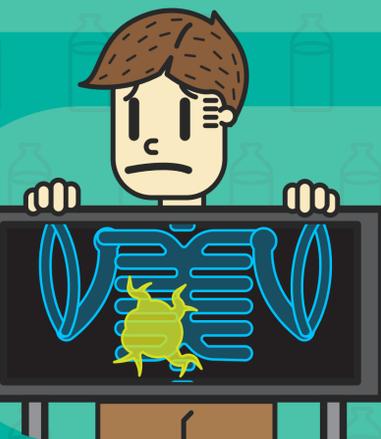
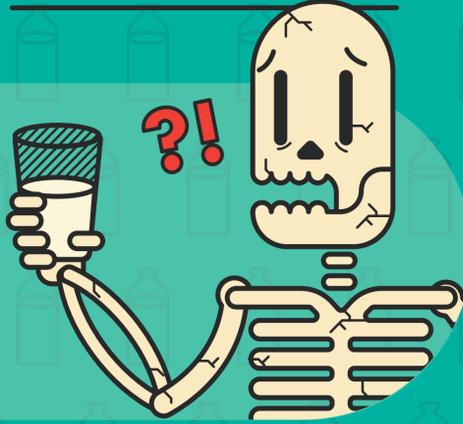
However, beverages like almond and soy milk are quickly becoming more popular among consumers looking for a healthy alternative to dairy milk.

MILK MYTHS



#1 Milk helps strengthen bones

It takes about 3 glasses of milk to get the daily recommended intake of calcium, enough to cause negative side-effects related to dairy's high saturated fat levels.



#2 Milk reduces the risk of cancer

No one food or drink choice can dramatically reduce the chances of developing cancer. Instead, a balanced diet should be prioritised.

#3 Milk is the best source of potassium

While dairy is a good source of potassium, spinach, sweet potatoes, bananas and other greens do a good job too.



#4 Unpasteurised milk helps people build stronger immune systems

The medical community is mixed on this one, but there is evidence to suggest people with weakened immune systems are at risk when drinking raw milk.

POSSIBLE ALTERNATIVES



While giving up milk entirely isn't necessary, we have some great alternatives you can try out if you're looking to try something different:

SOY MILK

Soy milk is great for people looking to lose weight, but still love the taste of dairy alongside their tea, snacks or breakfast.

Did you know: A serving of Soy Milk has around 46% of your daily recommended intake of Vitamin B12.



COCONUT & RICE MILK

Coconut and rice milk is a more filling, healthy alternative to milk and is great on a hot summer's day.

Did you know: Coconut milk is high in iron, with one serving providing a quarter of your daily intake.

ALMOND MILK

Almond milk is a tasty treat that has become increasingly popular in recent years among health conscious gym-goers.

Did you know: A serving of Almond Milk has only 60 calories, requiring a five minute swim to burn off.



Sources:

<http://saveourbones.com/osteoporosis-milk-myth/>
<http://www.webmd.com/diet/healthy-kitchen-11/dairy-truths?page=2>
<http://www.fda.gov/Food/ResourcesForYou/consumers/ucm079516.htm>

ethical
superstore.com

