



# Naturopathic Foundations

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## Milk Alternatives

Alternative	Pros	Cons
Goat / Sheep Milk	<ul style="list-style-type: none"> <li>• A good alternative for toddler's first milk</li> <li>• Easier to digest than cow's milk</li> <li>• Similar consistency to cow's milk</li> </ul>	<ul style="list-style-type: none"> <li>• Goat, sheep and other ruminant milks contain similar proteins to cow's milk. Hence, allergies/intolerances are common.</li> <li>• Contains lactose</li> </ul>
Nut Milks – such as almond, cashew	<ul style="list-style-type: none"> <li>• High in protein, “good fats” and vitamins</li> <li>• Creamy consistency with a nutty taste</li> <li>• Taste tends to work well with cereals and baked foods better than soya</li> <li>• Suitable for smoothies and cooking / baking.</li> </ul>	<ul style="list-style-type: none"> <li>• Food allergies / intolerances are common</li> <li>• Does not work well in savory dishes, due to the nutty flavour.</li> <li>• Nut milks often contain soya lecithin</li> </ul>
Rice milk	<ul style="list-style-type: none"> <li>• Low incidence of allergies / intolerances</li> <li>• Consistency of skim milk</li> <li>• May be suited for baking and dessert recipes.</li> </ul>	<ul style="list-style-type: none"> <li>• Can be quite sweet, especially if flavoured</li> <li>• Not overly useful for cooking due to the watery consistency. Often requires a binding or stabilizing agent.</li> <li>• Low in protein, unless fortified, hence not a great protein substitute</li> </ul>
Coconut milk	<ul style="list-style-type: none"> <li>• Food allergies / intolerances are rare.</li> <li>• Great in cooking recipes, especially Thai or Asian dishes.</li> <li>• Cold dessert options also available</li> </ul>	<ul style="list-style-type: none"> <li>• Low protein level. Higher in fat than other milk alternatives.</li> <li>• Taste is quite distinctive, which can be good or bad, depending on personal preference.</li> </ul>
Hemp milk	<ul style="list-style-type: none"> <li>• Better protein level than rice milk, but not as good as nut milk or soya milk.</li> <li>• Is okay to use with some cooking recipes</li> </ul>	<ul style="list-style-type: none"> <li>• Food allergies / intolerances can occur</li> </ul>
Oat milk	<ul style="list-style-type: none"> <li>• Protein level is similar to hemp milk.</li> <li>• Is okay to use with some cooking recipes</li> <li>• Taste is fairly mild and nutty tasting making it suitable for hot cereals and breakfast foods</li> </ul>	<ul style="list-style-type: none"> <li>• Food allergies / intolerances can occur</li> <li>• Not suitable for anyone with celiac disease</li> </ul>
Soya Milk	<ul style="list-style-type: none"> <li>• Readily available</li> <li>• High in protein, good source of calcium, less fat and cholesterol than dairy</li> <li>• Less fat and cholesterol than cow's milk</li> <li>• Suitable for cooking and baking</li> <li>• Cold dessert options also available</li> </ul>	<ul style="list-style-type: none"> <li>• Food allergies / intolerances common</li> <li>• Often GMO</li> <li>• Strong, distinctive taste</li> <li>• May be difficult to digest</li> <li>• Small hormonal effect; may not be suited for some individuals</li> </ul>

### Notes:

- When choosing milk alternative, choose unsweetened as much as possible as there is less sugar added, fillers and food additives.
- Read labels and choose milk alternatives with as few additives and chemicals as possible.
- Milk alternatives and calcium alternatives are not the same. Foods high in calcium include: kale, swiss chard, sesame seeds, almonds, flax seeds, etc. See our handout on ***Calcium Alternatives***.
- For more information, check out <http://www.ndhealthfacts.org/wicki/Milk>