

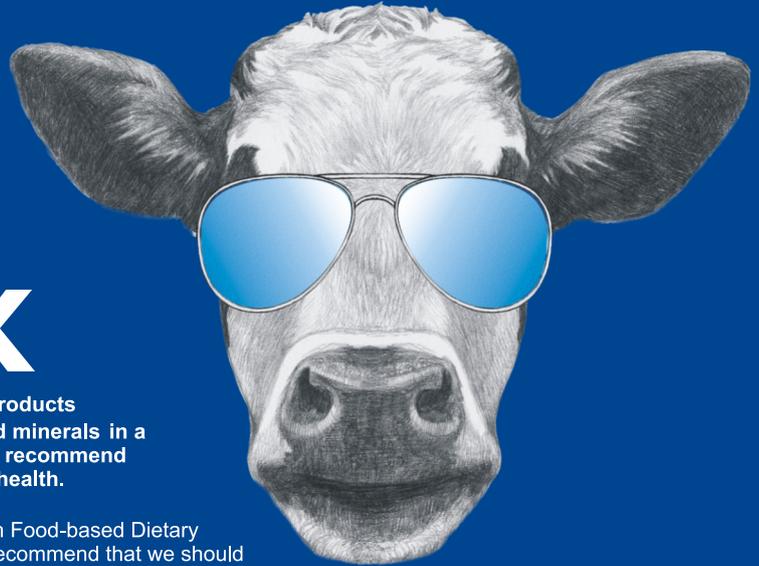
There are many milk-like products on the market today, not all are real milk.

Real milk comes only from mammals that produce milk, such as cows and goats.

Just because something is called **'milk'** or looks like milk does not necessarily mean it has the same nutritional properties as cow's milk.

GET REAL WITH COW'S MILK

Cow's milk and dairy products are nutrient dense. Dairy products provide high-quality protein and several important vitamins and minerals in a form your body can absorb easily. Health authorities worldwide recommend that we should enjoy dairy products daily for growth and good health.



The South African Food-based Dietary Guidelines also recommend that we should

'have milk, maas (amasi) or yoghurt every day' as part of a healthy diet.

How does the **nutritional content** per cup of cow's milk and plant-based 'milk' compare?



Many people choose plant-based products that look like milk over real milk because of lifestyle or dietary choices. Plant-based 'milk' generally does not contain the same amount of protein and vitamins and minerals as cow's milk.

The table lists examples of such fake milks.

	Cow's milk (full cream)
	Energy 640 kJ
	Protein 8 g
	Carbohydrates 12 g
	Total Fat 8 g
	Calcium 300 mg

	Soy milk (unsweetened)		Almond milk (sweetened)		Rice milk (unsweetened)		Coconut milk (unsweetened)
	Energy 410 kJ		Energy 265 kJ		Energy 590 kJ		Energy 1170 kJ
	Protein 8 g		Protein 1.5 g		Protein 0.5 g		Protein 0.5 g
	Carbohydrates 7 g		Carbohydrates 9 g		Carbohydrates 29 g		Carbohydrates 6 g
	Total Fat 5 g		Total Fat 3 g		Total Fat 3 g		Total Fat 29 g
	Calcium 200 mg		Calcium 312 mg		Calcium 280 mg		Not available

Calcium in cow's milk and plant-based 'milk'

Plant-based 'milk' is often fortified with vitamins and minerals. However, adding calcium to a product does not guarantee that it will be nutritionally equivalent to other products that naturally contain similar amounts of calcium. **Calcium as found in cow's milk is highly bioavailable and can easily be absorbed by the body.**

What if you replace cow's milk with fake milk?

Excluding cow's milk and other dairy products in favour of plant-based 'milk' may lead to nutritional deficiencies and possible detrimental effects with regard to growth and development in children and adolescents.

The concerns about using plant-based 'milk' instead of cow's milk mainly relate to:

- the relative lack of nutrients in plant-based milk-like products
- the risk of taking in extra energy when choosing certain plant-based products
- the relative bioavailability of calcium in plant-based 'milks'.

Protein in cow's milk and plant-based 'milk'

Protein in cow's milk comes from animals.

Protein in plant-based 'milk' comes from plants.



It typically contains **3% protein + essential amino acids (building blocks).**

It generally contains **0.5% protein but does not provide all the essential amino acids.**

This is called **'complete protein'**

This is called **'incomplete protein'**.

Your body needs protein for growth and repair.



The amount and the quality of protein differ between cow's milk and plant-based 'milks'.



An Initiative by the Consumer Education Project of Milk SA

To read more please visit <http://www.rediscoverdairy.co.za/dairy-based-nutrition-4/plant-based-beverages/>