

Non-Dairy milk

All non-dairy milk options can all be easily substituted for dairy in recipes. All are available in both non-refrigerated boxed (shelf-stable) products as well as refrigerated varieties (the non-refrigerated variety needs to be refrigerated after opening). The refrigerated products are generally available with the dairy milk and in the stores "health food" refrigerated section.

Compared to dairy milk, plant based milks are always superior. All breast milk has naturally occurring hormones and humans do not need cow hormones since humans produce hormones needed by gender. Livers produce cholesterol so all breast milk has cholesterol but no plant milk will have cholesterol. Mammals have skeletal systems so they lack fiber but plants rely on fiber to build stems. So dairy milk lacks crucial fiber but plant milks do contain fiber.

Breast's milk sole purpose is rapid weight gain for an infant so that in the first year of life the infant can more than double in size. This is true regardless of if the newborn is a child or a cow. Most humans do not want to double their weight in a year and so dairy is a dangerously high source of calories and fat. Eight ounces of 2% fat dairy milk contains 124 calories yet almond milk contains 30. Because children should be weaned by 12-24 months of age, humans stop the manufacture of the enzyme necessary to metabolize milk sugar (lactose). This explains why most humans are not lactose tolerant and experience discomfort or injury when drinking milk. Autoimmune disorders such as ulcerative colitis and arthritis are often caused by milk proteins because human bodies sometimes find "invading" milk proteins (casein) too similar to human proteins, resulting in a human body 'attacking' itself. Casein is also used by scientists to cause cancer in rats to study cancer. No plant based milks have lactose or casein.

Between the different plant based milk options, if one is seeking a beverage to drink or for breakfast cereal, it is completely taste preference so try them all to find your favorite. They come in sweetened and unsweetened versions, some offer vanilla flavors. Even the chocolate milks are lower in calories than 2% white dairy milk! Other factors to consider:

Tip #1-Soy-From a nutritional perspective, soy milk has almost as much protein as dairy milk and since most soy milks are fortified, is a comparable source of calcium. Higher in 'healthy' fat than other plant based milks, soy milk is the best option for baking and cooking.

One of the most notable benefits of soy milk is that it contains isoflavones. Studies have shown isoflavones may help to decrease the risk of osteoporosis, cancer, heart disease and high blood pressure. Soy milk is an excellent dairy substitute.

Tip #2-Nut Milks-Milk made from almonds or other nuts have a creamy consistency similar to soy milk and a slight nutty taste perfect for making vegan fruit smoothies or for all your cooking or baking needs. Unsweetened almond milk has the least calories per oz of all non-dairy options.

Almond milk contains an abundance of magnesium and potassium, has 50 percent of the daily recommended amount of Vitamin E, 30 percent of the daily recommended amount of calcium and 25 percent Vitamin D, making it an excellent source for keeping the bones strong and the immune system healthy.

Tip#3-Coconut milk-kids love coconut milk both on breakfast cereal and to drink.

Tip #4-Rice milk is not as thick as soy or dairy milks, and has a somewhat translucent consistency. Because it is slightly sweet, rice milk works well in dessert recipes or for breakfast cereal and is not suited for savory or salty dishes. Compared to soy and almond milk, rice milk has less protein. Rice milk has the lowest potassium of milk and non-milk options and is recommended for people on dialysis. Rice milk is typically only used by people with soy and nut allergies.

Tip #5-Hemp milk is not very popular, many people do not like its taste. Pea Milk is not widely available in the US but is the highest protein option available and has good reviews.

Tip #6-Vegetable shortening (Crisco) stands in nicely for butter or you can try soy cream cheese and soy margarine in baking recipes such as cookies, pie dough and cakes, though it is not to be used in cooking in place of butter in such recipes as sauces or sautéed dishes. (For these, simply use canola oil, or another soy-free oil.) Although high in saturated fat (6 grams per tablespoon), vegetable shortening is still lower in saturated fat than butter (7 grams per tablespoon).

Tip #7-If a recipe calls for buttermilk, add one tablespoon of white or apple cider vinegar or lemon juice to a cup of soymilk to and mix well to replace buttermilk. This acid from the vinegar will be particularly beneficial for baking as it will interact with the baking powder or baking soda in the recipe and assist in product lift.