



Nutrition Bits and Bites!

Got Milk?... or Non-Dairy Beverage?

Non-Dairy Beverages vs Cow's Milk

Milk and fortified non-dairy beverages (NDB) are a great source of essential nutrients. There is a lot of confusion on what to drink. Soy milk is the only non-dairy beverage comparable with cow's milk in protein, sugar, vitamins and minerals. It is also the only non-dairy beverage listed as a Milk Alternative in Canada's Food Guide. Below shows a break-down of how non-dairy beverages compare to cow's milk!

	Protein (grams)	Calcium (% Daily)	Vitamin D (% Daily)	Sugar (grams)
Cow's Milk	9	35	45	13
Fortified NDB	0 - 7	35	25	0 - 20
Fortified Soy Milk	7	45	35	6



What should my child drink?

Children under 2 years old should drink whole cow's milk. Non-dairy beverages are not the best choice because they do not provide the right amount of nutrients. If your child has a milk intolerance or allergy, speak with a Registered Dietitian for other options. Children over 2 years old can be given non-dairy beverages. Choose one fortified with calcium and vitamin D so that it will provide more nutrients.

Cooking with Milk Alternatives!

Whether you're vegan, have a milk allergy/ intolerance, or just looking for fun new recipes, you can try to use dairy-free ingredients to make your meals and snacks!

Try one of these in your next meal! :

Milk: Swap cow's milk with soy, coconut, rice, potato, oat, almond, hazelnut, cashew, hemp, flax, sunflower, or macadamia milk. These are found in different flavours and varieties, like chocolate/ vanilla and sweetened/unsweetened.

Butter: Use dairy-free margarine. If you're baking, try to find a dairy-free margarine with a low water content and high fat content.

Yogurt: Try non-dairy yogurts made from soy and coconut- they work great in recipes!

Cheese: Look for vegan cheeses that taste just like regular cheese!

Buttermilk: Make your own by mixing one tablespoon vinegar plus 1 cup of milk alternative, such as rice milk.

Lemon Cream Pie Smoothie

Ingredients:

1 cup Silk Unsweetened Almond milk
¼ tsp vanilla
1 frozen banana
1 tsp lemon zest
1 tbsp honey (optional)
2 Tbsp fresh lemon juice
Ice as needed
1 tbsp graham cracker crumbs to garnish



Instructions:

Place all the ingredients in a blender (except graham cracker crumbs). Blend until creamy and then place in a glass and sprinkle graham cracker crumbs on top.

Hemp and almond milk tend to be thicker and produce a very creamy smoothie!

Non-dairy beverages are often low in calories - one cup provides around 30 to 60 calories depending on what the milk is made from.

**** Refer to the Allergy Newsletter (September issue) for substitution ideas.**

For more nutrition topics, go to the news and events section of www.southernhealth.ca or

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