

GOT SOMETHING OTHER THAN MILK?

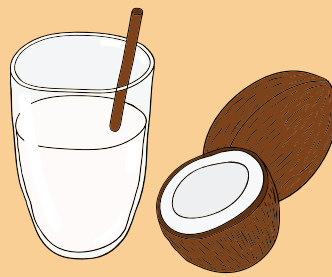
DISCOVER MILK ALTERNATIVES

A frothy glass of milk is a diet staple for many. Who wants to dunk chocolate chip cookies in anything else? However, for those ready to dabble in alternatives, such as almond, coconut and soy milks, each type has unique health benefits, and we've broken down what they offer.



almond milk

- Studies have shown that almond milk is beneficial in reducing and maintaining healthy blood pressure levels.
- Almond milk contains a variety of nutrients that keep your immune system healthy and can slow down the growth of certain cancer cells.
- Almond milk contains high amounts of vitamin D. Consuming it regularly may help prevent deficiency.



coconut milk

- Coconut milk contains medium-chain triglycerides (MCT), nutrients that stimulate energy and help burn fat.
- Coconut milk provides electrolytes and can prevent fatigue.
- Coconuts are 50% lauric acid, an important nutrient that decreases (bad) LDL cholesterol and increases (good) HDL cholesterol.



soy milk

- Soy milk reduces serum estrogen levels, which may help prevent breast cancer.
- Research shows that soy milk may help relieve symptoms of osteoporosis in post-menopausal women due to its calcium component staying in the body longer.
- Soy milk, which can also be fortified with calcium, is an excellent source of protein, Vitamin A, Vitamin B12, potassium and isoflavones.