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What to Know About Non-Dairy Milks

Non-dairy milks are usually consumed over dairy milk because of allergies, intolerances, and personal preferences. However, dairy milk provides key nutrients that the body needs such as protein, calcium, and vitamin D. There is often not as much protein found in non-dairy milks compared to dairy milk. However, nut milks with plant based proteins added in is common. Along with this, non-dairy milks do not contain calcium and vitamin D unless they are fortified (added) into the product.

Calcium and vitamin D play important roles in the health of our bodies, as does protein. Vitamin D helps with the absorption of calcium into our bones and teeth, which gives them strength. It also helps to control the amount of calcium in our bloodstream. Luckily, most non-dairy milk brands are fortified with calcium and vitamin D, but it is always best to check the nutrition labels beforehand. It is also important to check the nutrition labels for added sugars. Most flavored non-dairy milks have more added sugars than unsweetened and unflavored non-dairy milks depending on the brand.

Almond Milk

- 30-100 calories per 1 cup serving depending on brand and flavor.
- Fortified with calcium and vitamin D.
- 0g of protein.

Soy Milk

- 70-130 calories per 1 cup serving depending on brand and flavor.
- Fortified with B vitamins, calcium, and vitamin D.
- 5g-9g of protein.

Coconut Milk

- 45-80 calories per 1 cup serving depending on flavor and brand.
- Fortified with calcium and vitamin D.
- Some brands are fortified with vitamin B12.
- 0g of protein.
- 4.5g of saturated fat depending on brand.

Cashew Milk

- 25-90 calories per 1 cup serving depending on brand and flavor.
- Fortified with calcium and vitamin D.
- 0g-10g of protein depending on brand.

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Almond Milk and Berry Smoothie:

Ingredients:

- ½ banana peeled and sliced
- ¼ cup frozen blueberries
- ¼ cup frozen strawberries
- ¼ cup chopped fresh mango (optional)
- 2 cups chilled unsweetened vanilla flavored almond milk

Directions:

1. In a blender, combine the sliced bananas, blueberries, strawberries, mango (optional), and almond milk.

2. Blend until a smooth consistency appears (about 30 seconds).

3. Ready to be enjoyed!

Reference: https://www.foodnetwork.com/recipes/melissa-darabian/almond-milk-and-berry-smoothie-recipe-1960870

Soy Milk Instant Pudding:

Ingredients:

- 1 3/4 cups soy milk
- 1 package instant vanilla (or chocolate) pudding mix

Directions:

1. Pour the soy milk into a medium sized bowl.

2. Add the instant pudding mix to the bowl filled with soy milk. Whisk the soy milk and instant pudding together for about 2 minutes or until a thick consistency appears.

3. Place in the refrigerator and let sit for about 10 minutes before eating.

Reference: https://www.leaf.tv/articles/how-to-make-instant-pudding-with-soy-milk/

Consumer-centered access for long-term care information, referrals and assessments. For information, call 382-8481, #9, ext.304

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Do you have a questions or concerns about what to eat? If you are participating in services offered by Schenectady County's Senior and Long Term Care services, you are eligible to have a free consultation with a Registered Dietitian.

Call Cornell Cooperative Extension, Schenectady County at 518-372-1622, ext. 269. Leave a message, if necessary, for dietitian to call you back.

Check out our website for nutrition resources: http://cceschenectady.org/nutrition-for-seniors