

## Exploring Plant-Based Beverages

You may be interested in choosing a plant-based beverage for a variety of reasons. Maybe you follow a plant-based diet, have a milk allergy, are lactose intolerant, or simply prefer plant-based alternatives to cow's milk.

There are many different kinds of plant-based beverages on the shelf. Some options include: soy, almond, cashew, coconut, oat, rice, hazelnut, pea and hemp. There are also blends of different types of beverages.

With so many options, choosing one that is best for you or your family may seem like a mystery! Whether you are choosing only plant-based beverages or including them in addition to cow's milk, using the nutrition facts table to compare products is a great place to start.

### Smart Shopping

- Build your bones. Choose beverages with calcium and vitamin D. Aim for at least 15% Daily Value for both calcium and vitamin D.
- Cow's milk has around 9 grams of protein per cup, but most plant-based beverages have less protein. If the beverage you choose is lower in protein than cow's milk, include other sources of protein throughout the day.
- Skip the sugar! Choose unsweetened beverages to reduce added sugar.

### Children and Plant-Based Beverages

Plant-based beverages are not recommended as a replacement for breastmilk, homogenized (3.25% M.F.) cow's milk or formula for children under 2 years of age. This is because they do not have enough protein, fat or calories to help children grow during this important time.

Soy beverage can be offered after age 2, because it is the closest in nutrition to cow's milk. Talk to your dietitian if you are planning to give your child a plant-based beverage to be sure they are meeting their nutrient needs.



## Food of the Month

### Soy Beverage



- Find soy beverage in the refrigerated section and on the shelf. Products found on the shelf have been packaged to be safely stored at room temperature. Refrigerate after opening.
- Choose a fortified option to get the most benefits. Look for the words "fortified" or "enriched" and double check the nutrition facts table for calcium and vitamin D.
- Give your drink a shake before pouring! When nutrients are added they can settle at the bottom.
- Choosing soy protein may help improve your cholesterol. Aim for 30 grams of soy protein each day to get the most benefit. One cup of soy milk has about 7 grams of protein. If you don't enjoy soy beverage, try tofu or edamame.

## Chocolate Almond Chia Pudding

Serves 4

### Ingredients:

|        |                             |
|--------|-----------------------------|
| 1 cup  | Unsweetened almond beverage |
| ¼ cup  | Chia seeds                  |
| 2 tbsp | Cocoa powder                |
| 2 tbsp | Almond butter               |
| 2 tbsp | Maple syrup                 |
| ½ tsp  | Vanilla extract             |

### Directions:

1. Whisk almond beverage and chia seeds together. Allow to sit for about 5 minutes or until the mixture begins to form a gel.
2. Add remaining ingredients and whisk until well combined. Cool in refrigerator.
3. Serve chilled.

Add toppings as you wish! Some suggestions: berries, pomegranate arils, banana slices, unsweetened coconut, chopped fresh mint, or chopped nuts.

### Nutrition Information per Serving:

|              |               |
|--------------|---------------|
| Calories     | 144           |
| Fat          | 9 grams       |
| Carbohydrate | 15 grams      |
| Fibre        | 6 grams       |
| Protein      | 4 grams       |
| Sodium       | 38 milligrams |

## Did you know?

Many people assume that “Original” plant-based beverages don’t have added sugar, but they usually do! Look for “Unsweetened” to be sure there is no sugar added.

## In Your Kitchen Switch It Up

Use equal amounts of plant-based beverage if replacing milk in recipes. Match the flavour of the beverage to the ingredients.

- Make a creamy smoothie with coconut, soy or cashew beverage.
- Swap out cream for coconut beverage in a cream soup.
- Add coconut beverage to curry dishes for a delicious flavour. Recipes that use “coconut milk” usually refer to the type that is sold in cans. It is higher in fat than coconut beverage.
- Try unflavoured rice beverage for a mild flavour in a creamy sauce like Alfredo.
- Use cashew or hemp beverage for a nutty flavour with cereal or in baked goods.
- Make oatmeal with your favourite plant-based beverage.
- Swap your coffee creamer for a plant-based choice. Try plain or a flavour such as hazelnut.



## Ask a Sobeys Dietitian

**Q:** Are plant-based beverages better for you than cow’s milk?

**A:** Choosing to enjoy plant-based beverages in place of or in addition to cow’s milk is a personal choice. Both cow’s milk and plant-based beverages can be a nutritious choice. If you choose one, be sure it is unsweetened and fortified. If you still have questions, reach out to your Sobeys Dietitian!



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