

Your Guide to Plant Based Milk: Making the Best Choice



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What You'll Learn

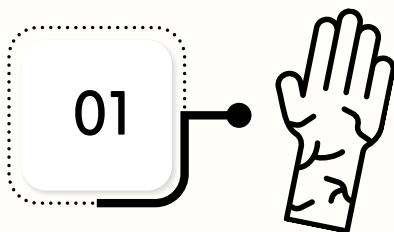
Understanding Dairy Alternatives

1 Why Consider Plant-Based Milk?

2 7 Things to Look for When Choosing a Plant-Based Milk

3 Popular Plant-Based Milk Options

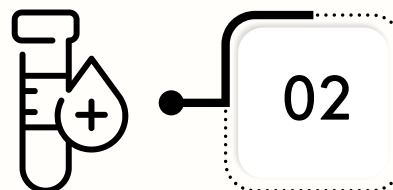
Why Consider Plant-Based Milk?



Reduced Risk of Atopic Conditions

When dairy & eggs were excluded from childrens' diets, 51% of them showed improvements in eczema

([Bath-Hextall et al, 2009](#)).

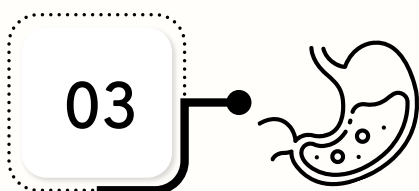


Lower Cancer Risk

Consuming cow's milk increases IGF-1 levels - associated with cancer.

Plant milks are associated with lower IGF-1 levels, potentially reducing the risk of certain cancers

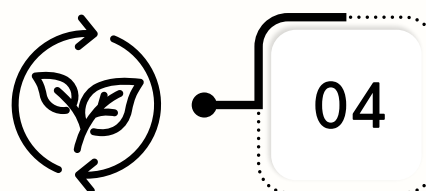
([Cambridge University, 2011](#)).



Leaky Gut

Cow's milk has a protein (casein) that contributes to gastrointestinal inflammation and gut permeability

([Jiangjin et al, 2016](#)).



Environmental Impact

Producing cow's milk emits 3x more greenhouse gases, uses 10x more land & consumes 2-20x more fresh water compared to plant milk

([Poore et al, 2018](#)).

Choosing The Right Plant Milk

There are many nutrition, allergen, taste and texture considerations when it comes to choosing the right plant-based milk for your family

- 1 **Protein content** Aim for at least 7-8g (e.g: soy, pea)
- 2 **Fortification** With calcium and vitamins D / B12 to support bone health
- 3 **Sugar content** Choose unsweetened when possible - flavoured options often have excess sugar
- 4 **Additives** Such as emulsifiers, gums, or oils often indicate increased processing
- 5 **Nutrient density** Evaluate the overall nutritional profile (e.g: fats, carbs, vitamins, minerals)
- 6 **Taste & texture** Try different options to find one your child enjoys
- 7 **Allergens** Be aware of potential allergens such as soy or tree nuts



Breastfeeding Note

- If you're no longer breastfeeding and trying to transition your infant to vegan milk, consider soy formula till age 2 before choosing the appropriate milk alternative
- 1 cup of soy milk contains 100 calories, 8g fat, 7g protein, 8g carbohydrates

Popular Plant Milk Options



- | | | |
|----|------------------|---|
| 1 | Soy | Nutritional powerhouse
7-9g protein, Vit D/B, ideal for growing children |
| 2 | Almond | Light and low calorie
1-2g protein, Vit E, good for smoothies |
| 3 | Oat | Creamy contender
2-4g protein, beta-glucans boosts fiber and heart health |
| 4 | Pea | High protein, allergen friendly
8g protein, suitable for post-workout recovery |
| 5 | Rice | Naturally sweet
<1g protein, sweet and light, allergen friendly |
| 6 | Coconut | Energizing fats
<1g protein, has medium chain triglycerides (MCTs) |
| 7 | Cashew | Neutral flavour
1g protein, fortified with Vit D, creamy texture |
| 8 | Hemp | Rich in fatty acids
3-4g protein, omega-6 fatty acids, allergen friendly |
| 9 | Flax | Omega 3 packed
<1g protein, omega-3 fatty acids, good with cereals |
| 10 | Macadamia | Smooth texture
1g protein, rich in healthy fats, creamy texture |

*above values are per cup of milk (240ml)

USDA National Nutrient Database. Plant based whole milk alternative. 2022