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RICE

PRO

It's the most non-allergenic milk. It's typically enriched with calcium, vitamins A and D, and B12 (because it doesn't have much nutrient value otherwise). It's also low in fat (2.5 grams).

CON

It's very high in carbohydrates (23 grams, 10 of which are sugar), especially the flavored versions, notes nutritionist Maskeroni.

FLAVOR AND USES

It's a good gateway milk for cow's-milk converts, because of its similar taste. It's fab as ice cream. Though it's watery thin, like almond milk.

HEMP

PRO

Hemp milk, from seeds of the Cannabis plant, contains omega 3 and 6, good fats that our bodies need and can't make. It's fortified with calcium and vitamins A and D.

CON

It doesn't have much protein (2 grams), and it's higher in fat than rice and soy (5-6 grams), says nutritionist Christy Maskeroni, MS, RD, at CLAY Health Club + Spa.

FLAVOR AND USES

Hemp milk has an earthy flavor. Maskeroni suggests using it with smoothies and cereal.

SOY

PRO

It's a terrific source of protein, comparable to cow's milk—7 grams (or more) per cup vs. 8 grams per cup in cow's milk.

CON

Most soy is genetically modified, warns Frank Lipman, MD, and highly processed. Stick to organic non-GMO soymilks and drink in moderation.

FLAVOR AND USES

Soymilk has a slight beany flavor. Its creamy texture makes it great in smoothies or as a dairy substitute in baking.

ALMOND

PRO

It's a natural source of calcium, vitamins A and E, and magnesium. (Soy, hemp, and rice milks are typically fortified with these nutrients.) The unsweetened variety has just 40 calories per serving.

CON

It's low in protein (just 1 gram per cup) and higher in fat than skim milk (3 grams per cup).

FLAVOR AND USES

"People tend to enjoy its nutty flavor in cereal and smoothies," says Maskeroni. But it has a very thin consistency, so it's not ideal in coffee or for baking.

COCONUT

PRO

The protein is a little higher than most other milk alternatives (4-5 grams per cup); it's not risky like soy, says Dr. Lipman; and the flavor is really great.

CON

It's really high in saturated fat, and calories—450 a cup! So it's probably not ideal for daily use if you're concerned about heart disease, cholesterol, or your waistline.

FLAVOR AND USES

The coconut flavor is divine, and the creamy texture is great for baking, coffee, or tea.

GOAT

PRO

It has 9 grams of protein per serving—and more calcium, protein, potassium, and phosphorus than cow's milk. It's typically easier to digest.

CON

It contains 168 calories per cup (versus 146 in cow's milk). It may be tricky to find if you're not near a Whole Foods or a Greenmarket.

FLAVOR AND USES

Goat's milk is a bit sweeter than cow's milk, with salty undertones, but it can have a strong odor.

SHEEP

PRO

It has a whopping 200 mg more calcium than cow's milk. And more vitamins A, B, and E, phosphorus, and magnesium. Sheep's milk may also digest easier.

CON

It's not for those on a fat-burning diet. It has 9 more grams of fat than cow's milk per serving and 100 calories more per serving. Low-fat varieties don't really exist.

FLAVOR AND USES

It's sweeter and creamier than cow's milk.