

# Dairy (and Dairy Alternatives)

## Fat

- Healthy fats decrease LDL and increase HDL cholesterol
- Provide energy as well as heat insulation and organ protection
- Allows for the absorption of certain vitamins



> Best alternative -- Soy milk  
(milk: 8g, soy: 5g)

## Vitamin D

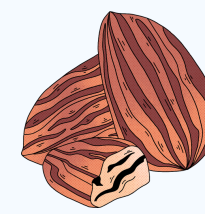
- Sufficient intake is vital for bone mineralization, regulating calcium
- Plays major roles in immune health, cardiovascular health, and supports good mood



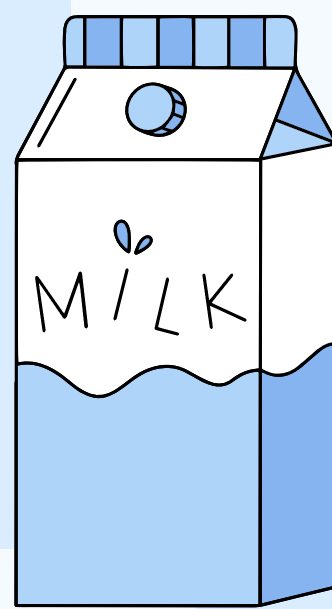
> Best alternative -- Oat milk  
(milk: 13% of DV, oat: 10%)

## Calcium

- Calcium is a key mineral stored in bones and is responsible for their physical integrity
- Muscle, nerve, and cell activity all rely on calcium for proper functioning
- Adequate intake prevents weakening of bone, avoiding osteopenia and osteoporosis

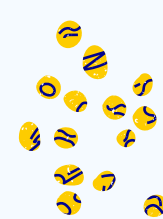


> Best alternative -- Almond milk  
(milk: 25% of DV, almond: 35%)



## Protein

- Essential in building and repairing tissues throughout the body
- Allows for metabolic reactions to take place, which coordinates a multitude of bodily functions



> Best alternative for amino acids; including all 9 essential amino acids -  
- Hemp milk  
(milk: 9/9, soy: 9/9)

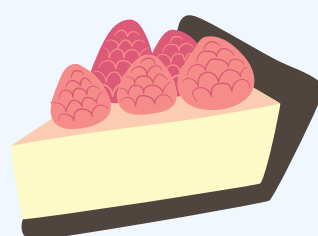


> Best alternative for net protein --  
Soy milk  
(milk: 3g, soy: 8g)

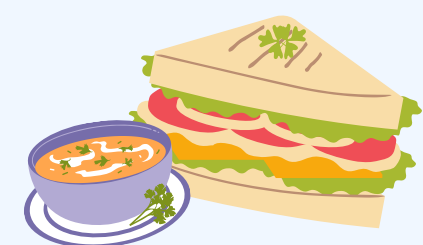
## Try adding more dairy into your diet...!



> Add your favorite milk, yogurt, or dairy-free yogurt alternative to your smoothies and protein shakes for a richer taste



> Many baked goods contain significant amounts of dairy; you can buy them from stores or bake your own and substitute for dairy-free butter, milk, etc.



> Your daily meals containing cream and cheese, for example, can be good sources of dairy. There are also alternatives for these such as coconut cream and vegan cheeses.