

# HEALTHY DAIRY ALTERNATIVES

## Selection Guide & Nutritional Profiles

ALTERNATIVE	BEST USE	NUTRITIONAL HIGHLIGHT	FLAVOR PROFILE
<b>Almond Milk</b>	Smoothies, Cereal	Low Calorie, Vitamin E	Light, Nutty, Thin
<b>Oat Milk</b>	Coffee, Lattes, Baking	High Fiber, Beta-glucan	Creamy, Naturally Sweet
<b>Soy Milk</b>	Cooking, High-Protein Diet	Complete Protein, Potassium	Neutral, Full-bodied
<b>Coconut Milk</b>	Curries, Rich Desserts	Healthy Fats (MCTs)	Tropical, Floral, Rich
<b>Cashew Milk</b>	Creamy Soups, Sauces	Low Carb, Heart Healthy	Buttery, Very Smooth
<b>Hemp Milk</b>	Savory Recipes	Omega-3 & 6 Fatty Acids	Earthy, Nutty, Grassy

**Selection Tip:** Always opt for "Unsweetened" versions to avoid added sugars. Check labels for Calcium and Vitamin D fortification.