

Non-Dairy Beverage Label Claims



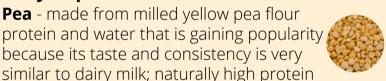
Non-dairy milk alternatives or substitutes do not currently have a defined standard of identity and do not meet the standards for milk. These alternatives are often plant-based. Individuals have various reasons for consuming non-dairy milk alternatives over dairy milk, including allergies, lactose intolerance, cultural practices, dietary choice and flavor preference. Nutrition is highly variable based on the plant and processing. Water is often a main ingredient in these beverages. Nut, grain and other plant-based beverages are not nutritionally equivalent to dairy milk. Most are fortified with calcium and other vitamins and minerals.

In comparison, dairy milk is defined as "the lacteal secretion, practically free from colostrum, obtained by the complete milking of one or more healthy cows, which may be clarified and may be adjusted by separating part of the fat therefrom; concentrated milk, reconstituted milk, and dry whole milk" (FDA).

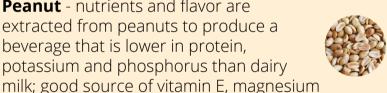
Non-dairy beverages from a variety of plant-based sources



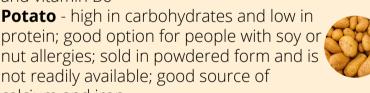
Almond - made from ground almonds and water; contains very little protein; high in vitamin E; alternative for those with soy allergies



Cashew - strained beverage of blended water-soaked cashews and water; creamy taste and texture with no saturated fat or cholesterol; low protein



Coconut - condensed coconut milk diluted with water; very little protein; relatively high potassium



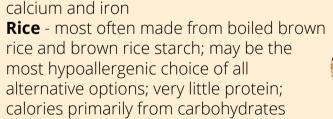
Flax - flax seed oil combined with water, thickeners and emulsifiers; very little protein; high content of omega-3 fatty acids

Hemp - made from hulled hemp seeds and water; generally consumed by people

who can't have gluten, nuts and or soy;

naturally contains more protein than other

non-dairy alternatives (still much less than



Pea - made from milled yellow pea flour

because its taste and consistency is very similar to dairy milk; naturally high protein

Peanut - nutrients and flavor are

beverage that is lower in protein,

and vitamin B6

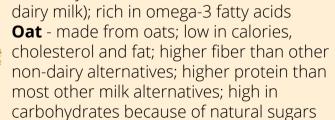
extracted from peanuts to produce a

potassium and phosphorus than dairy

not readily available; good source of



Soy - made by soaking, crushing, cooking and straining soybeans; appeared in the U.S. in the 1950's as the first alternative for dairy milk; the only alternative with same amount of protein as dairy milk





The list of non-dairy milk alternatives is growing. Some others include hazelnut, pistachio, quinoa, teff, sesame, spelt, sunflower, and walnut.

For more information, visit MSU Extension's Food Label Claims page

https://www.canr.msu.edu/tag/food-label-claims