

# THE DAIRY DILEMMA

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## Common misconceptions

✗ Dairy is unhealthy as it is fattening.



✓ Opt for **low fat, skimmed options** as these are **lower in saturated fat**, while providing **calcium and other nutrients** which are needed in a healthy diet.

✗ Plant-based milk is better than cow milk.

✓ Plant-based milk is **lower in calories and fat** but also **lower in nutritional value** compared to cow's milk.



✗ Dairy is bad for your skin.

✓ There are **no conclusive studies** that prove the link.



✗ Cow's milk is full of sugar.

✓ Sugar contained in cow's milk is naturally-occurring called **lactose**.



## Cow vs oat vs soy milk

### Taste

### Nutrition

### Sustainability



**COW'S MILK**

- Creamy
- Familiar
- Rich

### Nutritional powerhouse

Provides main source of dietary calcium, vitamin D and other minerals critical to bone health. Packed with essential amino acids for growth and repair.

**13** essential nutrients

Protein, Calcium, Vitamin D, Vitamin A, Phosphorus, Vitamin B 12, Riboflavin, Pantothenic Acid, Niacin, Zinc, Iodine, Selenium and Potassium



Leaves the **largest carbon footprint**



**OAT MILK**

- Smooth
- Subtly sweet
- Surprisingly satisfying



### Heart-healthy and waistline-friendly

Naturally low in fat and cholesterol. A good source of dietary fiber and iron.

**5** essential nutrients

Calcium, Vitamin D, Vitamin A, Riboflavin and Iron

### An eco-friendly champion

Fewer resources, such as land and water, to produce.



**SOY MILK**

- Delicate
- Slightly nutty
- Mildly sweet

### Ideal for vegans and those with lactose intolerance

Excellent source of plant-based proteins. Rich in essential fatty acids, vitamins and minerals.

**7** essential nutrients

Calcium, Vitamin D, Phosphorus, Riboflavin, Vitamin B12, Protein, Vitamin A, Niacin and Pantothenic Acid



### Environmentally friendly

Fewer resources, such as land and water, to produce.

