

Dairy Alternatives



Dairy alternatives are commonly plant-based substitutes of dairy products possess various health benefits in comparison to dairy-based products in the market³. Factors that may steer people toward nondairy milk alternatives include adherence to a vegan diet, lactose intolerance, cow's milk allergy, or simply preference¹¹.

Delivering the Nutritional Needs by Fortifications

Dairy alternative products are often fortified with nutrients such as calcium, iodine, vitamin D, and vitamin B12 to have a similar nutrient levels to dairy products^{4,6}. On the other hand, dairy alternatives can be fortified with certain nutrients as well as to make it more comparable to cow's milk¹.

Plant-based yogurt or milk alternatives are always fortified with vitamin D2 which important for bone development and general wellness⁸. Soy, rice, almond, coconut and other plant-based beverages and yogurt are often intended as dairy alternatives⁸.

Incorporation of vitamins and minerals blends such as calcium, vitamin A and B, as well as similar amount of protein content as dairy milk makes it the most similar alternative to cow's milk in terms of its nutritional profile^{1,11}. In addition, tri-calcium phosphate is often used for fortification in soy milk drinks⁵ which is important for healthy bones and teeth².

An inadequate dietary intake of iodine leads to thyroid diseases⁵. This can be improved by increasing our iodine intake via the consumption of fortified dairy or dairy alternatives milk products¹⁰.

Almond milk is another popular choice. It is always fortified with calcium and Vitamin D which are good for growth and development for children¹.

In a conclusion,

Dairy alternatives that derived from plants are healthy alternatives to dairy products. They contain comparable essential vitamins and minerals with lower fats, cholesterol as well as being lactose free⁹. At DPO, we are honored to be in partnership with **Hexagon**, to bring you a wide range of vitamins and minerals choices that will elevate the quality of your dairy alternative products.

References

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