

TO YOUR HEALTH

Carleton-Willard Village Out-Patient Clinic - 100 Old Billerica Rd., Bedford, MA 01730



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Plant-based beverages: Why should I consider one and how does it compare with cow milk?

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Plant-based eating and diets are on the rise. This trend has two main drivers: health benefits for the human body and social-driven benefits, which include a health benefit for the planet. According to a study by Satija, et al published in the American College of Cardiology, plant-based diets are linked to a number of health benefits including reducing your risk of heart disease, certain cancers, obesity, diabetes, and cognitive decline. Socially driven benefits include sustainability, ethical treatment of animals, and the environment. Scientists have shown that the dairy and meat industries are having a negative affect on the environment. Large amounts of land, fertilizer, and water are needed to grow food for cows. Processing, packaging and delivering milk around the world consumes lots of energy. Additionally, cows are one of the major producers of methane gas, which is more harmful to the environment than carbon dioxide. *Science* magazine recently reported that avoiding dairy and meat is the single biggest way to reduce the environmental impact on the planet. As a first step to making a change for their bodies and the planet, more people are seeking plant-based beverages as alternatives to milk. Here's what you need to know when considering plant-based dairy alternatives.

Plant based beverages (PBB) are made by extracting plant material like soy, almonds, rice, oats and peas in water. It is then homogenized and heated so the particles and liquid do not separate. This process increases the shelf life too.



The goal is to make the beverages appear like cow milk and be an acceptable alternative. It is important to know that PBBs do not have the same nutrition as cow milk unless fortified. PBBs labeled as milk may confuse consumers and pose risk of nutritional deficiencies especially in among infants and children.

Cow milk is rich in protein with 8 grams per 8-ounce cup—more than one egg—along with 300 milligrams (mg) of calcium and 400 mg potassium.

Almond, rice and coconut beverages are lower in protein than cow's milk and much of the plants' nutrition is filtered away. Many PPBs area fortified with calcium and vitamin D however, bioavailability—or the ability of the body to use the nutrients varies. The following is a quick guide to PPBs.

Soy beverage

Soy contains the same amount of protein that cow milk contains. It is usually calcium fortified and contains the same amount of calcium as cow milk. In the past there was a worry that soy foods raised the risk of certain cancers, however, most recent evidence does not support this association. Tasting notes: added sugar masks a slight beany flavor. It's creaminess is like low-fat milk.

Pea protein beverage

Pea protein beverage contains more protein that soy or cow milk with 10 grams protein per 8-ounce cup. Calcium fortification provides 450 mg per 8-ounce serving. Tasting notes: creamy, white, smooth, without a bean taste.

Rice beverage

Rice beverage is well tolerated and a good option for those with limited choices due to food allergies, but it is weak on nutrition with hardly any protein and twice the carbohydrates as cow



milk. Calcium from fortification is similar to cow milk. An added concern is that the Food and Drug Administration has warned to limit exposure to arsenic by varying your grains. If you are drinking rice exclusively, seek other grains in crackers and cereals. Taste note: sweet and watery.

Oat beverage

Well tolerated by those with food allergies and intolerances. A unique quality to oat beverage is that it contains soluble fiber which lowers cholesterol. It is low in protein with 2 grams per 8-ounce cup. Taste notes: Similar to milk left over after eating all your Cheerios!

Almond beverage

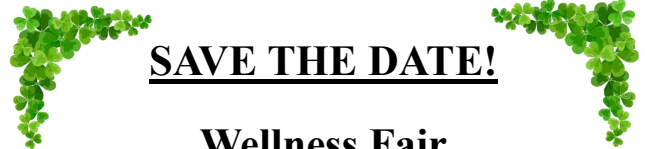
Almonds have a high content of monounsaturated fatty acids that are helpful in weight management. Almond beverages lack some nutrients that are in almonds because the beverage contains about 2 percent of almonds! Most brands are fortified with calcium and Vitamin D. Check out the added sugar content. Unsweetened is your best option. Tasting note: lightly sweet with a nutty flavor profile.

Coconut beverage

Coconuts have a high content of saturated fat. Cardiologists recommend avoiding saturated fats in favor of monounsaturated fats from foods like almonds and olive oil. The type of saturated fat in coconut milk appears more neutral than prime sources of saturated fat in butter, cheese, whole milk and red meat. The down side of coconut milk it contains no protein. Tasting note: slight coconut flavor and smell.

Additional PPBs on the market include those made with cashews, peanuts, hemp, and quinoa. Several things to keep in mind as you decide which one to buy: Unsweetened varieties are best; Shake up the container as calcium can settle to the bottom; PPBs contain additives like tapioca starch and guar gum to help them be creamy. These additives are generally considered safe, but carrageenan, another thickener may promote inflammation; Not all PPBs are created equally and may react differently when cooking and baking with them. Check the manufacturer's cooking tips.

Did you know a soy beverage is available on request in the Abbott Dining Room? Request a sample if you would like.



SAVE THE DATE!

Wellness Fair

Sample some plant based beverages, sign up for a chair massage, learn about ways to reduce stress and keep your brain sharp!

Join us on Friday,
May 31 from 10am-2pm
in the Auditorium.

More information to follow.



Health Education Lecture

“How to Give a Brief Health History in a Modern Healthcare Environment”

Carleton-Willard Village Resident,
Dr. Peter Gibb
will present this very informative lecture.

Please join us on
Wednesday,
March 13, 2019
10:30am—11:30am
Auditorium Center

Age Well Study Update

We've had a great response to this survey, **thank you** to all who participated! Almost 50 surveys have been returned to the Clinic as of the end of February. There is still time to participate if you'd like, the deadline is March 15th.