



Cow's milk vs. almond milk

Do all milks deliver the same health benefits? Cow's milk seems to have been replaced with almond milk in many households lately. But is it a better option?

Almond milk is lower in calories compared to low fat cow's milk BUT it is lacking in protein and calcium.

250ml or 1 cup of Cows milk provides 8.5g of protein and 330mg of calcium, whereas a cup of almond milk only has 1.5g of protein and 130mg of calcium.

A large proportion of our daily calcium comes from milk, yoghurt and cheese and those choosing almond milk need to be aware that they may not be meeting their daily calcium requirements. Failure to meet calcium requirements can impact on bone strength and health..

Athletes need to be aware that a glass of almond milk isn't going to provide anywhere near the recommended amount of 10-20g of protein for recovery. With only 1.5g of protein per glass, this milk needs to be fortified with a protein powder or consumed with another source of protein.

The bottom line, if you choose to drink almond milk, purchase one that has been fortified with calcium - check for 250-300mg of calcium per 250ml serve. For those requiring protein for recovery, choose a food source that is higher in protein directly post workout or supplement your almond milk with a protein powder.

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