Think Your Drink  
  
  
  
  
May 6, 2015  
  
"Milk” alternatives like almond, soy, coconut and rice milk are one of the latest health food fads. They may sound healthy, but when it comes down to it, very little of the nutritional value from that original nut, grain or plant makes it into the glass. You’re actually drinking a mechanically produced watered-down, nut, grain or  plant juice with usually at a minimum of 8 additives to mimic the taste and nutritional profile of real cow’s milk. Some add sugar to make the drink taste better. And they’re typically more expensive than cow’s milk.  
  
Cow’s milk is nature’s way of letting you enjoy a  nutrient-packed drink. Cow’s milk is simply milk with added vitamins A and D.  It has more  nutrients that occur naturally – including eight grams of high-quality protein in every glass – with no  added sugar. And the health benefits like improved bone health, a reduced risk of cardiovascular disease and type 2 diabetes and lower blood pressure in adults are supported by decades of science. It’s nature’s original protein drink.  
  
If someone is diagnosed with a milk allergy then they need to discuss their options with their physician.  
  
Just check out the numbers.