



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Try a delicious non-dairy coffee next time you are in your local café. Alternatives are widely available.



Don't miss David's tips every Saturday in your Journal

A QUARTER of British people are now drinking non-dairy milks, according to market research firm Mintel. The biggest users of non-dairy milk are 16-24-year-olds, but plant based milks still only make up 4% of the overall milk market, with 96% of sales in 2018 being cows' milk.

Concerns around health, ethics and the environment are the main reasons why cows' milk is being dropped for plant-based alternatives such as almond, soy or coconut.

Cows' milk is a combination of water, whey and casein protein, globules of fat, lactose, and some vitamins and minerals. Humans have consumed cows' milk for hundreds of years - but experts now have conflicting opinions about whether it's good for you..

What are the pros & cons?

Pros

■ Excellent source of calcium and vitamin D - which help prevent osteo-

porosis. Milk is good for healthy bones and teeth.

■ One cup covers our recommended daily intake of vitamin B12.

■ It contains double the protein of soy milk.

■ It is fortified with minerals and vitamins plus has no added sugars (although there are naturally occurring sugars in cows' milk).

■ A versatile ingredient used widely in diet.

■ Aids growth and development - especially with young people.

Cons

■ Lactose intolerance causes digestive issues. 75% world's adult population is lactose intolerant. Lactose in cows' milk is difficult to digest and can cause bloating, gas, cramps and diarrhea.

■ Studies have linked cows' milk to increases in acne for both girls and boys.

■ High in cholesterol - but no plant

based milks contain cholesterol at all.

■ May cause weight gain - body builders use milk to help 'bulk up' for a reason.

■ May increase the risk of ovarian and prostate cancer.

■ Contains antibiotics and steroids and may affect our resistance to antibiotics.

■ High in saturated fat.

■ Cows' milk is suitable for calves who have four stomachs to digest it - and they need to gain hundreds of pounds within months - why would humans benefit from this?

■ No species except humans drink milk beyond weaning age.

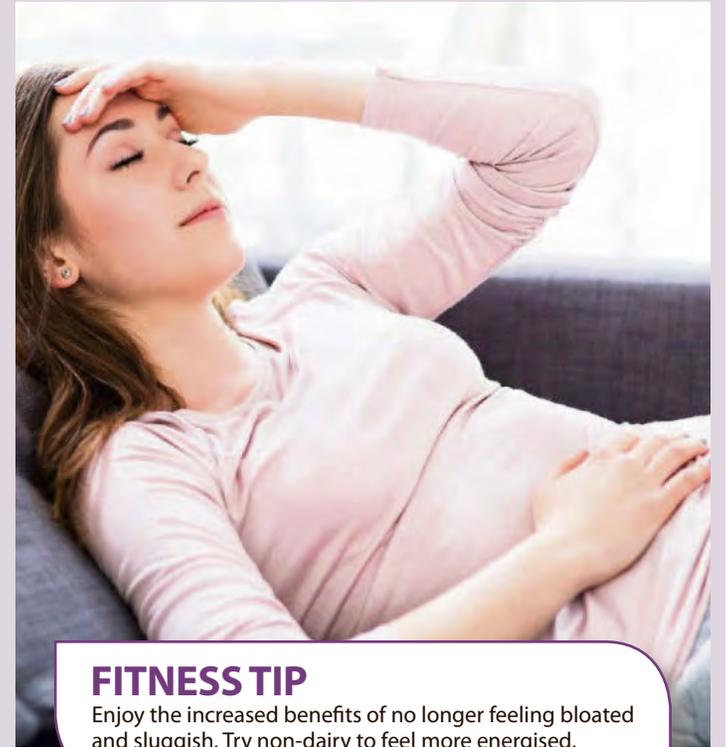
■ Animal welfare issues - eg poor treatment and forced impregnation.

Benefits of non-dairy milk alternatives

Non-dairy milk is just as versatile as cows' milk and there are so many varieties. There is a range of non-dairy products such as yoghurt, cheese and creams should you wish to remove dairy products altogether from your diet. They are largely low in saturated fats, low in cholesterol and fortified with added vitamins and minerals.

Let dairy-free become a healthy habit, not a restriction

Motivational quote of the day



FITNESS TIP

Enjoy the increased benefits of no longer feeling bloated and sluggish. Try non-dairy to feel more energised.