



## David Fairlamb

# THE FIT FACTOR

### LIFESTYLE CHANGE

75% of the world's adult population is lactose intolerant. Lactose in cow's milk is difficult to digest and can cause bloating, gas, cramps and diarrhoea. Try a non-dairy milk alternative and see how you feel.

### FITNESS TIP

Enjoy the increased benefits of no longer feeling bloated and sluggish. Try non-dairy and see if it helps boost your energy levels.

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

**M**ILK is an essential part of our daily diet, providing us with calcium, protein and other vital nutrients. However, with so many different types of milk available on the market, it can be difficult to determine which one is the healthiest. Here is an overview, looking at the different types and their health benefits.

#### ■ Cow's Milk

Cow's milk is the most commonly consumed milk, and it is an excellent source of calcium, protein and other important nutrients. One cup of whole cow's milk contains approximately 150 calories, 8 grams of fat, 8 grams of protein, and 30% of the recommended daily intake of calcium. However, cow's milk is also high in saturated fat and cholesterol, which can increase the risk of heart disease and other problems.

#### ■ Skimmed Milk

Skimmed milk, also known as fat-free milk, is great if you are looking to reduce your calorie and fat intake. One cup of skimmed milk contains approximately 90 calories, 0 grams

of fat, 8 grams of protein, and 30% of the recommended daily intake of calcium. It is also lower in saturated fat and cholesterol than whole milk, making it a healthier option if you are looking to reduce your risk of heart disease.

#### ■ Soy Milk

Soy milk is a plant-based milk alternative made from soybeans, and it is an excellent option if you are lactose intolerant or allergic to dairy products. One cup of unsweetened soy milk contains approximately 80 calories, 4 grams of fat, 7 grams of protein, and 45% of the recommended daily intake of calcium. Soy milk is also lower in saturated fat and cholesterol than cow's milk.

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

**Motivational quote of the day**

#### ■ Almond Milk

Almond milk is another popular plant-based milk alternative made from ground almonds and water.

One cup of unsweetened almond milk contains approximately 30 calories, 2.5 grams of fat, 1 gram of protein, and 45% of the recommended daily intake of calcium.

It is lower in saturated fat and cholesterol than cow's milk and also lower in protein.

#### ■ Oat Milk

Oat milk is a relatively new plant-based milk alternative made from oats and water. It has quickly become popular due to its health benefits and creamy texture.

One cup of unsweetened oat milk contains approximately 120 calories, 5 grams of fat, 2 grams of protein, and 35% of the recommended daily intake of calcium.

Oat milk is also lower in saturated fat and cholesterol than cow's milk, making it another healthy option for you to consider.

Oat milk is an excellent choice for those with lactose intolerance, as it is naturally lactose-free. It is also a



**> Soy milk is an excellent option if you are lactose intolerant**

good option for you if you follow a vegan or plant-based diet. Oat milk is also a good source of dietary fibre, which can help improve digestive health and reduce the risk of chronic diseases such as heart disease and diabetes.

The healthiest type of milk will

vary depending on individual preferences and dietary needs. However, overall, skimmed milk and plant-based milk alternatives such as soy milk, almond milk, and oat milk are generally considered the healthiest options due to their lower saturated fat and cholesterol content.