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Got Milk?

In my professional life, I have frequently answered questions regarding health qualities of different types of milk and dairy-free alternatives. In this short article, I will talk about the most popular types of milk and their health benefits. If you have other questions, feel free to contact me.

What is Milk?

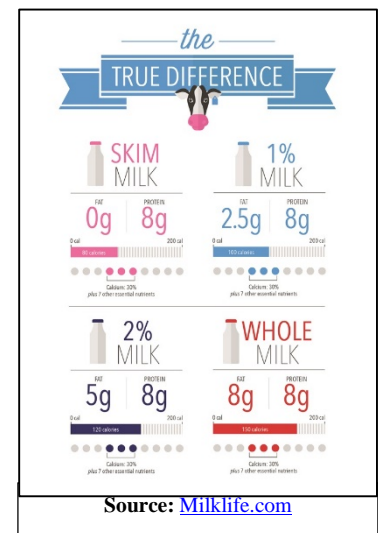
Most people think about cow milk when they hear the word milk. Cow milk is the most common form of milk in the United States. At the same time, milk can take many forms. Goat and sheep milk are two other common types of milk.

In addition to milk coming from mammals, plant-based “milks” have become increasingly popular in the last decade. These “milks” are made by processing the plant and withdrawing its juices. The more common of these milks include Soy, Almond, Coconut, and Hazelnut.

Health of different milks

All the different forms of milk and dairy-free alternatives have different health benefits. Here are some of the benefits from the most common forms of milk.

- **Whole Milk (3.25% Fat)** – Whole milk is full of important nutrients like B vitamins, calcium, phosphorus, potassium, protein and vitamin D. Whole milk has more fat and calories than other forms of cow’s milk. It is a complete protein and an 8-ounce glass has 150 calories and 8 grams of fat.
- **2% (Reduced Fat) Milk** – Reduced fat milk is called reduced fat because it has 2% milk fat instead of the 3.25% found in whole milk. It has the same nine essential nutrients found in whole milk but it has only 125 calories and 5 grams of fat per serving. Additionally, it is creamier than the other reduced fat milks.



- **1% (Low Fat) Milk** – Low Fat Milk has only 1% milk fat. It has the nine essential nutrients with only 100 calories and 2.5 grams of fat per serving.
- **Skim (Less than 0.5% Fat) Milk** – Like whole milk, skim milk is packed with protein and calcium. At the same time, it has fewer of the other nutrients and 80 calories.
- **Lactose-free Milk** – Lactose-free milk is real milk with the natural sugar found in milk (lactose) broken down. Lactose-free milk still has the nine essential nutrients like the other milks, but it is easy for the body to process. *Lactose-free milk might be a good alternative for people who are lactose intolerant.*
- **Almond Milk** – Almond Milk is higher in calcium than cow's milk. Since it is made from almonds, it has a slightly nutty flavor. *People who are allergic to almonds should avoid almond milk.*
- **Coconut Milk** – Coconut Milk is a great milk to substitute in cooking. It has a rich creamy texture with a great flavor. Many ethnic dishes are made with coconut milk or its thicker cousin coconut cream.
- **Soy Milk** – Soy Milk is made from soy beans. Soy Milk is highest in protein of the non-dairy milks and it has more texture than other dairy-free milks. For this reason, many smoothies and post-workout drinks recommend Soy Milk.

Please contact me to schedule an appointment or for more information, contact Tyler Johnson, tajohnson120@ksu.edu, or by calling 620-232-1930.

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