

## Milk alternatives

### Source information

**Reference list entry:**

Milk alternatives: Should you sip or skip? (2014, September). *Consumer Reports*, 79(9), 8

**What it's about:**

In this article, *Consumer Reports* discusses the increasing number of alternatives to cow's milk, and reviews the pros and cons of each one.

**Excerpt from "Milk Alternatives" page 8, Soy Milk Pros:**

"Made from ground soybeans and water, it contains high-quality protein and is often fortified with B vitamins, calcium, and vitamin D, giving it the closest nutrition profile to cow's milk among the plant-based options."

**Excerpt from "Milk Alternatives" page 8 Soy Milk Cons:**

"Flavored varieties have added sugars. And most soybeans are grown from genetically modified seeds. Look for brands with the USDA organic seal or the non-GMO verified label."

### Your paragraph

A recent article in the consumer-protection magazine *Consumer Reports* looks at alternatives to traditional milk. Overall, the article points out that the potential health benefits of milk alternatives such as coconut, soy, rice, almond, and hemp should be balanced with their potentially negative side effects. Among the pros of soy milk is the fact that it "contains high-quality protein and is often fortified with B vitamins, calcium, and vitamin D." However, the "Cons" section notes that sugars are often added to flavored soy milks. Consumers should consider both the pros and the cons of milk alternatives carefully before making their choice.