

Milk Guide

Let's talk about milk. This guide is here to explain the different kinds of milk out there, and how they impact your glucose levels.

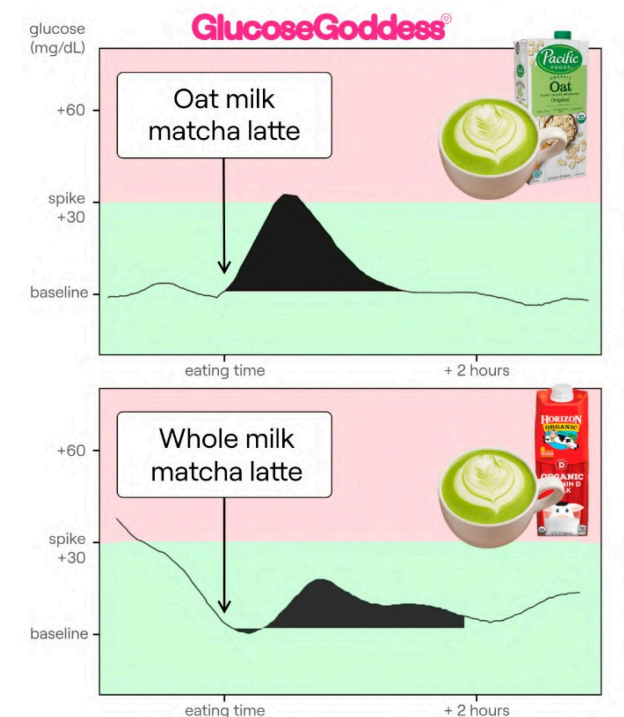
Oat Milk: A Popular Choice with Hidden Downsides

The very popular oat milk leads to a massive glucose spike and should be avoided, if possible. When you think about it, oats are a **grain**, and grains are full of **starch**. So oat milk is essentially liquid starch. (As is other milk made from grains, like rice milk). Many people choose oat milk thinking it's better for them, but it's not. If you want to keep your glucose levels steady, opting for alternatives is best.

Better Alternatives

Milks from **nuts**, which are low in starch, and high in protein and fats, are better for our glucose, such as:

- Unsweetened almond milk
- Unsweetened coconut milk
- Other unsweetened nut milks like pistachio or macadamia
- Unsweetened soy milk
- Good quality whole milk
- Hazelnut milk



Nutritional Content Overview

This table shows the carb, protein, and fat content of different milks. Those in red have more carbs compared to protein and fat amounts, therefore tend to lead to a glucose spike.

You'll notice that whole milk does contain carbs (in the form of a naturally-occurring sugar called lactose), but because it's high in protein and fat, the spike from the carbs is reduced.

Content in 1 cup (230mL)	Carbs (g)	Protein (g)	Fat (g)
Whole dairy milk	12	8	8
Unsweetened nut milks (almond, macadamia, coconut, pistachio)	1	1	2.5
Unsweetened Barley Milk	3	5	4.5
Sweetened almond milk or other sweetened nut milks	8	1	2.5
Rice milk	16	1	2.5
Oat milk	20	4	2.5

Hacks for oat milk lovers

Oat milk isn't good for our glucose. If you want a plant-based option, go for almond, soy, coconut, pistachio milk... But make sure they are all **unsweetened** as many of these products have sugar in their list of ingredients.

If you can't live without oat milk, you can try some ***hacks to reduce its impact on your health:***

- drink your oat milk coffee after breakfast instead of before so that it doesn't arrive too quickly into your blood stream
- Add some "clothing" to it, a little handful of nuts or perhaps an egg, or other protein, fat, or fiber.
- Go for a walk or do some movement after drinking it

Whole milk is good for keeping sugar levels balanced, but it might not work for everyone. Always look closely at milk labels to avoid added sugars and grain-based milks for a healthier choice.