**AN INTRODUCTION TO OAT MILK**

Plant-based alternatives to animal-reared milk are growing in popularity tremendously, and there are ever more choices to take a pick from than there has been in the history of mankind. With such choices getting out of hand, rampant confusions run amok, leading to poorly-chosen products that can harm one financially and physically.

One among such popular plant-based alternatives is oat milk. Processed from raw, domesticated oat plants, this light, creamy, and tasty milk product is often the subject of high chemical contamination when bought from stores, in order to ensure preservation and an extended shelf-life. With natural and healthy ingredients present in it, oat milk is that much more affordable in the long run. It is the perfect tea time drink, given its short preparation time of just fifteen minutes, and requires simply five ingredients!

Statistically, oat milk is also the best among all vegan milk alternatives present in the market. It contains approximately three grams of protein per cup of serving, which is low in comparison to the eight-gram-per-serving of protein found in cow’s milk; it is, however, a significantly larger proportion when compared to other milks, such as almond, rice, or coconut – these milks have been found to contain only around one gram of protein per cup of serving.

Oat milk is recommended for a quick pre-exercise drink, either as milk or as other variations of it (coffees, smoothies, etc.). Cow’s milk contains about 12 grams of carbohydrates per serving, whereas oat milk contains 16 grams of carbs per serving, without the need to sweeten it. Carbohydrates are directly linked to energy provision, and oat milk is packed densely with carbohydrates (relative to other vegan alternatives, or even regular cow milk).

One of the more visible benefits of oat milk is its succinct, sufficient consistency of calories. While a high-caloric intake demands more work, low-caloric intakes may prove harmful when the body is in need of surplus energy requirement. Oat milk is smack-dab in the middle, providing around 120 calories per serving. In comparison, sweetened cow’s milk provides ~150 calories per serving, whereas pea milk delivers seventy calories per cup.

Fiber is an everyday requirement for adults and children alike, as it is a major component that helps with digesting foods and ensuring smoother and cleaner bowel movements. Currently, the recommended fiber intake for an average human is 25 grams per day. Oat milk shines in this field, as it provides double the amount of fiber per cup, in comparison with other milks such as flax, hemp, or even almond! Low, continuous fiber intake is riskier, as it can lead to constipation (among other problems in the GI tract) if left unmonitored.

A spokesperson for the Academy of Nutrition and Dietetics, Vanda Sheth, agreed that oat milk is the best when it comes to taste. With “a richer, creamier texture” than other milk alternatives, it can be easily incorporated “instead of almond milk, and works well when cooking or baking with it.” With oat milk presenting zero danger for nut-allergic people as well, it definitely shines as a winner in almost all tables across the board.

Going vegan? Go oat.