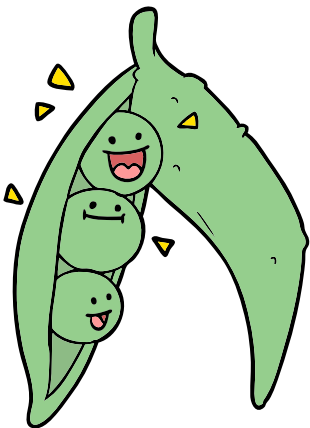
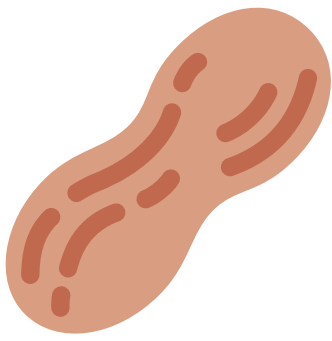

How to Shop for Non-Dairy Milk

- Be mindful of added sweeteners in flavored varieties.
 - Even original varieties may be sweetened so it's important to read labels.
- Be sure to shake it. Calcium may settle to the bottom, so give it a quick shake to ensure your pour provides this mineral.
- Calcium added to foods is different from the calcium that is naturally occurring. There may be differences in how your body absorbs it, and it may not have the same health impact as the mineral found naturally in whole foods.
 - Be sure to also include foods, such as yogurt and cheese (if dairy isn't an issue), broccoli, and almonds, that are natural sources of calcium.





- Non-dairy milk does contain additives. Additives like guar gum and tapioca starch are ingredients often added to plant-based milks to give them the creamy body that milk has.
 - These thickening agents are generally recognized as safe, but another thickener, carageenan, may be linked to inflammation according to some research.
- You can cook and bake with non-dairy milks but the results may vary.
- Manufacturers often give cooking tips and recipes on their websites so check there ahead of time.

