Plant Milks and Added Oils

milk with a rape seed oil aka canola oil which is rich in heart healthy polyunsaturated fats and is associated with good long-term health outcomes like reduction in cardiovascular disease and total mortality.

Almond milk, with almost two teaspoons of cane sugar, which has just over half the sugar content of a cup of dairy milk. So about the same sugar content as a cup of dairy milk and once again, sunflower oil is also rich in those polyunsaturated fats which lowers your risk of cardiovascular disease.

Sugar Content and Fortification

Not that there's even enough of the oil added to affect your health one way or another. It's often the tiniest dose to help with texture or emulsification.

And the can be said for the flavours which do go through safety testing before being added. And they put a bunch of synthetic vitamins in there to make them mimic the nutritional profile of cow's milk.

How on earth is that a bad thing? And it's not even just to match dairy products, sometimes they exceed dairy product. In fact, the ripple pea milk that he looked at actually has substantially more calcium preserving than dairy milk, so are some plant milks better than others?

Sure.

Why Fortified Plant Milks Matter

For example, generally speaking, soy and pea have a higher protein content and better mineral profiles, but that doesn't mean that all of the other ones need to be excluded entirely.

And to raise concerns over less than two teaspoons of added sugar, which is actually less sugar than you'll find in dairy milk, doesn't make any sense.

And similar can be said about the oils and whatnot. But the worst part of this video is that I think it could scare people away from choosing plant milks with that nutrient fortification.

For people who don't consume dairy, that added calcium is really important. and without plant milk or other fortified foods or supplements, you risk inadequate intake.

So I thing we should promote the consumption of these fortify products, not fear monger over them.