



### WE MUST URGENTLY REDUCE OUR ENVIRONMENTAL FOOTPRINT

An Oxford University study looked at the environmental impacts of plant-based milks, such as rice, almond, oat, and soy milks, measuring greenhouse gas emissions and land and water use. The results show that cow's milk emissions were three times higher than that of plant-based alternatives. For oat and soy milk, water use was drastically lower. Any of the plant-based milks required at least 10 times less land use than cow's milk.



### **MILK PRODUCTION IS CRUEL FOR ANIMALS**

 When calves are born, they spend only a few minutes or a few days with their mothers. Male calves are commonly slaughtered and made into meat and female calves into dairy cows. At the end of their lives, when they are no longer considered profitable by the dairy industry and are often exhausted by successive pregnancies, they are sent to slaughter.



### MANY STUDIES LINK THE CONSUMPTION OF DAIRY AND ITS PRODUCTS WITH SERIOUS DISEASES. CHECK OUT SOME SCIENTIFIC DISCOVERIES:

Men who consumed more cow's milk during adolescence were <u>more likely to have fractures</u> in adulthood.

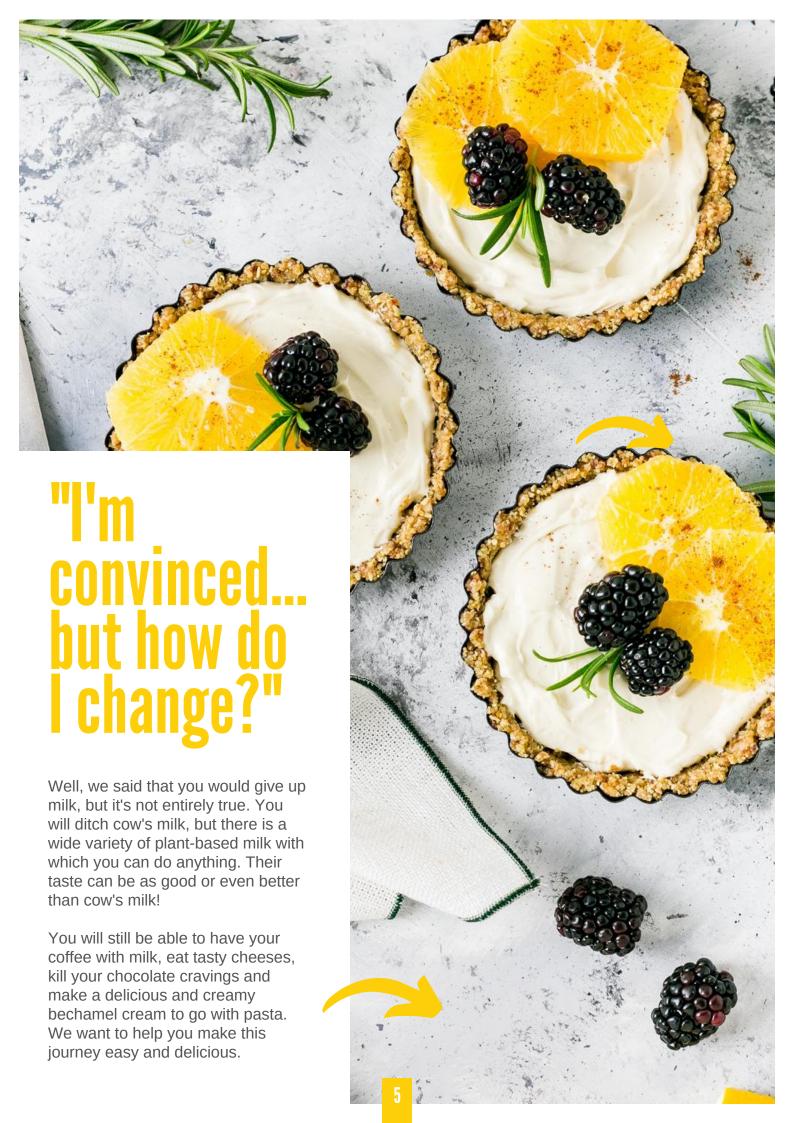
Women who consumed 14 servings or more of cheddar, American, and cream cheese per month had a 53% higher risk of developing breast cancer, and those diagnosed with early-stage invasive breast cancer had a higher mortality rate from eating dairy products with high fat contents.

Women who consumed more than one glass of milk per day were 73% more likely to develop ovarian cancer compared to women who drank less than one per day.

Consuming 2.5 glasses of milk a day proved to be sufficient in <u>increasing the risk of prostate</u> cancer.

Babies who received cow's milk at an early age had <u>increased their susceptibility to diabetes</u>.

One <u>study</u> found that, among women, the **mortality rate was almost three times higher** among those who consumed large servings of dairy products (three or more per day) and even a daily serving of fruits or vegetables, when compared to women who consumed less of a daily serving of dairy products and large servings of fruits or vegetables (five or more per day).



## Tip #1 Do it yourself

Making your own milk is easy and affordable. In just a few minutes you can have a full bottle in your refrigerator. Here is the standard recipe:

- 1 portion of nuts mixed with 3 portions of water
- Blend for at least 4 minutes and then strain (you can also use a sieve)

### **SOAKING UP**

When making nuts milk, leave them in the water to soften for at least 12 hours. This will help eliminate phytates and other substances that make nutrients less available to our bodies. Discard the water from the soak and use filtered water when blending the milk.



# Tip #2 Try them all!

Taste all alternatives until you find your favorite plant-based milk. The options are many: soy, almond, rice, oat, and coconut are some of the most common. You can find them at the supermarket or make it yourself.







### **ALMOND MILK**

Almond milk is one of the most used and has a special nutty flavor! It's low on calories and has less saturated fat and more unsaturated fat than cow's milk. The homemade version is one of the plant-based milk options that people like the most. Besides the health benefits, such as healthy fats and high vitamin E.

### **OAT MILK**

You will see that oats produce a creamy milk with a mild flavor, perfect for both hot drinks and for use in various recipes! It can be easily done at home and is also a cheap alternative. It provides more vitamin B2 than cow's milk and is rich in fiber and slowabsorbing carbohydrates.

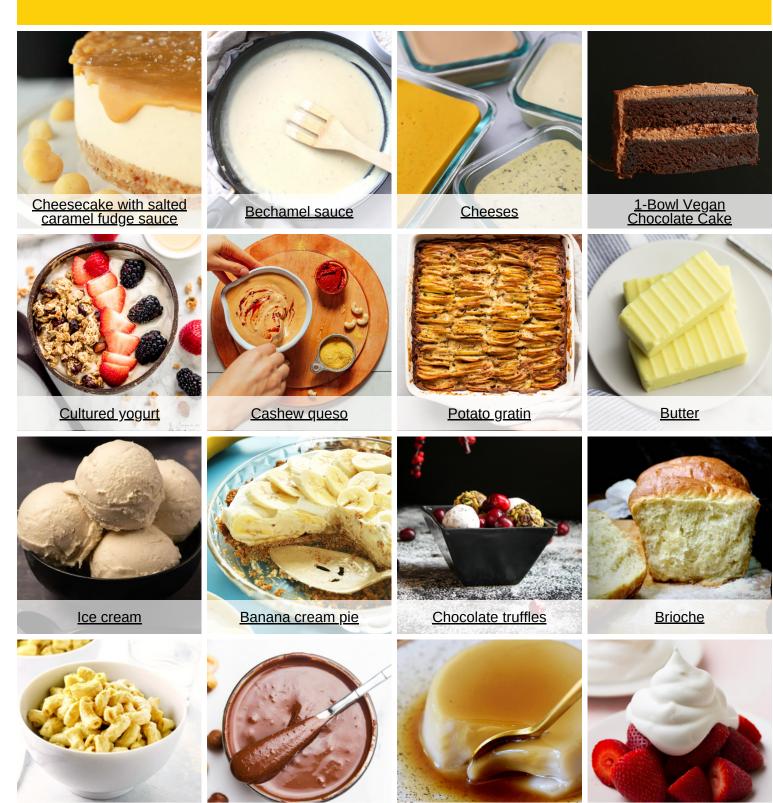
### **SOY MILK**

It is one of the alternatives with higher protein content and a lower carbon footprint (much less than cow's milk!). Soy milk also contains isoflavones, which, according to researchers, have anticancer effects. Rich in calcium and phosphorus, it can help prevent heart disease and osteoarthritis. It also has a high content of iron and group B vitamins, such as folate and B6.

Mac and cheese

# You can do everything

Ditching animal milk and other dairy products does not mean that you will have to stop eating your favorite foods. People who eat plant-based can be such creative cooks! There are many alternatives and delicious dishes without dairy. Click on any of these incredible recipes and start testing today!



Flan

Whipped cream

Homemade Nutella

