

Cruelty-free milk guide

We would like to show you a **whole new world**,
one that is **healthier**, more **compassionate**,
and more **sustainable**, with milks that
come from plants instead of animals.



sinergia
ANIMAL

An aerial photograph showing a large, dark blue reservoir in a dry, brown, hilly landscape. The water is surrounded by numerous small islands and peninsulas. The sky is blue with some light clouds.

For the environment

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.



For the Animals

MILK PRODUCTION IS CRUEL FOR ANIMALS

Cows are sensible, social and extremely intelligent animals. Some studies concluded that they are able to create affection bonds with their partners, identify them and also demonstrate [how they feel](#) through their vocalization. Even so, they are intensively exploited, constantly inseminated, and spend most of their lives pregnant. Cows are milked daily by machines and many suffer from painful infections in the mammary glands, which can even lead to necrosis of the udder.

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.

A photograph showing two hands holding a red, woven heart shape against a light grey background. The heart is made of thin, red, fibrous strands woven together. The hands are positioned on either side of the heart, with fingers gently gripping it.

For your health

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 [more likely to have fractures 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 [increasing the risk of prostate cancer](#).

Babies who received cow's milk at an early age had [increased their susceptibility to diabetes](#).

One [study](#) 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).



"I'm convinced... but how do I change?"

Well, we said that you would give up milk, but it's not entirely true. You will ditch cow's milk, but there is a wide variety of plant-based milk with which you can do anything. Their taste can be as good or even better than cow's milk!

You will still be able to have your coffee with milk, eat tasty cheeses, kill your chocolate cravings and make a delicious and creamy bechamel cream to go with pasta. We want to help you make this journey easy and delicious.

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 slow-absorbing 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 [anti-cancer 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.

Tip #3

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!**



[Cheesecake with salted caramel fudge sauce](#)



[Bechamel sauce](#)



[Cheeses](#)



[1-Bowl Vegan Chocolate Cake](#)



[Cultured yogurt](#)



[Cashew queso](#)



[Potato gratin](#)



[Butter](#)



[Ice cream](#)



[Banana cream pie](#)



[Chocolate truffles](#)



[Brioche](#)



[Mac and cheese](#)



[Homemade Nutella](#)



[Flan](#)



[Whipped cream](#)



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ABOUT SINERGIA ANIMAL

Rated as one of the world's most effective animal protection organizations by Animal Charity Evaluators, Sinergia Animal is an international campaigning organization working in countries from the Global South (South America and Southeast Asia) to reduce animal suffering and promote more compassionate food choices.



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