



Embracing a sustainable future: plant-based dairy alternatives

Key findings from two comprehensive 2023 scientific reviews investigating the nutrient profile and role of plant-based dairy alternatives within healthy and sustainable diets



Policy makers & health professionals

Fortified plant-based drinks and alternatives to yogurt have a role to play within healthy and sustainable national food-based dietary guidelines without compromising nutritional status

Recommendations for industry

Industry should be more aware of the nutritional needs of different population groups and adapt fortification accordingly



Advising consumers



Opt for **soya, oat** and **almond** over rice and coconut varieties



Plant-based alternatives to dairy, irrespective of protein content, will **not compromise protein status** in healthy individuals consuming a balanced and varied diet. If protein is a concern for an individual, opt for soya varieties



Unsweetened options available, but even sweetened options of plant-based drinks are in the main low in total sugars



Look at the label for **micronutrient content** – it will vary

- Calcium, vitamin D and vitamin B12 are often added to non-organic varieties
- Iodine and vitamin B2 are less frequently added



Organic varieties cannot be fortified with micronutrients due to the EU food regulation constraints. If opting for organic, ensure other food sources of critical nutrients are present in the diet. Depending on their chosen dietary pattern, supplements may or may not be required



Medici E, Winston CJ and Rowland I. A comprehensive analysis of the nutritional composition of plant-based drinks and yogurt alternatives in Europe. *Nutrients* 2023;15:3415. DOI: 10.3390/nu15153415

Read the studies

Craig WJ, Messina V, Rowland I, et al. Plant-based dairy alternatives contribute to a healthy and sustainable diet. *Nutrients* 2023;15:3393. DOI: 10.3390/nu15153393

