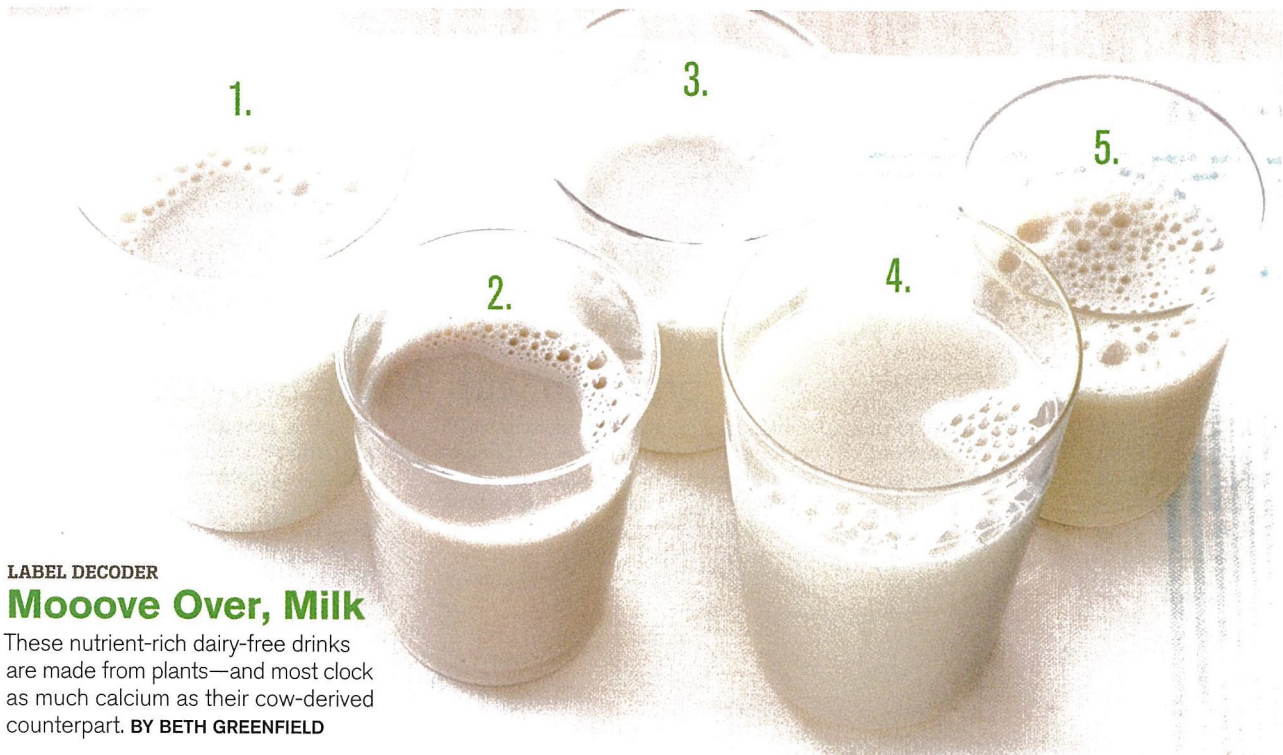


whole living

body + soul in balance

April 2011

whole health NEWS



LABEL DECODER

Mooove Over, Milk

These nutrient-rich dairy-free drinks are made from plants—and most clock as much calcium as their cow-derived counterpart. **BY BETH GREENFIELD**

1. SOY

Packed with protein (a whopping 4 grams per cup), magnesium, and vitamin D

FLAVOR Slightly sweet and creamy

BEST FOR Sauces, casseroles, soups, and cereal. Look for WestSoy Lite Plain.

PER 8 OZ SERVING

CALORIES 60
FAT 2 g
(0.5 g saturated)
SUGARS 5 g

2. HAZELNUT

Rich in protein and vitamin E

FLAVOR A roasted aroma and velvety texture

BEST FOR Cereal, coffee, and tea. Look for Pacific Natural Foods Hazelnut Original.

PER 8 OZ SERVING

CALORIES 110
FAT 3.5 g
(0 g saturated)
SUGARS 14 g

3. HEMP

Rich in heart-healthy omegas, all 10 essential amino acids, minerals, and protein

FLAVOR Grassy and nutty

BEST FOR Baking sweets and cooking savory dishes. Look for Hemp Bliss Unsweetened Original.

PER 8 OZ SERVING

CALORIES 60
FAT 5 g
(0.5 g saturated)
SUGARS 0 g

4. ALMOND

High in cholesterol-lowering flavonoids and vitamin E

FLAVOR Slightly nutty

BEST FOR Baking and as a creamer in coffee and tea. Look for Silk Pure Almond Original.

PER 8 OZ SERVING

CALORIES 60
FAT 2.5 g
(0 g saturated)
SUGARS 7 g

5. RICE

Typically enriched with calcium and vitamins A, B12, and D.

FLAVOR Mildly sweet

BEST FOR Desserts, baked goods, cereal, and smoothies. Look for Whole Foods 365 Everyday Value Organic Ricemilk Unsweetened.

PER 8 OZ SERVING

CALORIES 45
FAT 2 g
(0 g saturated)
SUGARS 0 g