

EATING Dairy-free

A **dairy-free diet** excludes milk from any animal, as well as any product made from this milk, such as cheese, yogurt, butter, and cream.

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Reasons of going dairy-free

- vegan
- lactose intolerant
- dairy allergy
- ethical reasons (animal welfare)
- environmental considerations

Cow's milk requires **9X MORE LAND** and produces **3X MORE GREENHOUSE GAS** than plant-based milk.



In the long-term, plant-based milk has lower overall environmental impact, so making it part of your diet is a more sustainable lifestyle choice!

Check out these easy and healthy **recipes** that are **dairy-free!**

Carrot Ginger Soup



Source: Go Dairy Free

Strawberry Macarons



Source: Go Dairy Free

Milk Alternatives



oat



produces very little greenhouse gas emissions, contains many vitamins and minerals



soy



emits significantly less carbon, rich in protein and omega-3 fatty acids



hazelnut



requires less water and can sequester carbon, provides protein and healthy fats



hemp



helps remediate soil and isolate carbon, high in protein and omega-3 fatty acids



coconut



requires small amounts of water or pesticides, but there is concern about deforestation and poor labour conditions



almond



has low carbon footprint but relies on massive amounts of water and the hard labor of bees

Check that the product is Fair Trade and comes from a sustainable source!

References

- Poore J & Nemecek T. *Reducing food's environmental impacts through producers and consumers*. Science (New York, N.Y.). 2018; 360:987-992.
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- Anay M. *The Ultimate Guide to eco-friendly dairy alternatives in 2020*. The Vegan Review. 2020. Available: <https://theveganreview.com/eco-friendly-dairy-alternatives/>

