

## GOT MYLK? NEW AUDIT SHINES LIGHT ON THE GROWING MILK ALTERNATIVES CATEGORY

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A new audit of plant-based milk alternatives in Australia has revealed the category has grown by a staggering 58% in number of products in two years, but health professionals are alerting Australians that not all 'mylks' are nutritionally equal.

Carried out by the Grains & Legumes Nutrition Council (GLNC), the audit of 112 products on shelf in the four major supermarkets included nut milks, grain milks (e.g. oat, rice), legume milks (e.g. soy, pea), coconut milks and mixes, and reviewed all on-pack nutrition information.

Since the last audit of its kind in 2016, the number of coconut milk products has more than doubled (+220%), nut milks have increased by 90%, with even the well-established legume milk category growing by 36%. But compared to dairy milk, GLNC's Nutrition Manager Felicity Curtain said some plant-based milks don't stack up nutritionally, with many falling short on valuable calcium and protein.

"30% of products did not mention calcium on-pack, suggesting they weren't fortified with the important mineral. While those that were fortified had consistent amounts, it highlights the importance of checking labels to be confident in the choice you're making."

According to Accredited Practising Dietitian Joel Feren, achieving equivalence in terms of calcium content should be a focus for industry.

"Encouraging dairy alternatives to include calcium makes sense to consumers, who expect it to be in a product that is replacing calcium-rich cow's milk".

When it came to protein, legume milks like soy were the only plant-based milk that were consistently comparable to dairy milk, with around 3g protein per 100ml – up to three times more than that found in nut, grain and coconut milks.

Few Australians fall short on protein however, so it's possible to enjoy a variety of plant-based milks as part of a healthy, balanced diet.

"Having so many options is great for those avoiding dairy milks but knowing what to look for is key to making a healthy choice and for plant-based milks, that's generally calcium and protein."

**ENDS**



*Cultivating Good Health*

To arrange an interview with Joel Feren or a member of the GLNC team or to request images, please contact:

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### **Background:**

GLNC runs a rolling audit of a range of grain and legume foods on shelf in the four major Australian supermarkets (Coles, Woolworths, IGA, ALDI), revisiting major categories biennially. Product audits help identify nutrition trends and track changes in the market, with all on-pack information collected and analysed; including nutrients, ingredients, whole grain and legume content, and all nutrition and health claims. GLNC and its Contributors use this information as an evidence base, and to inform future projects and communications such as campaigns, media releases, research, and to grow the Code of Practice for Whole Grain Ingredient Content Claims (The Code). For personalised nutrition advice, GLNC suggests seeking the professional advice of an Accredited Practising Dietitian (APD).

**Take a look at our social media channels for easy tips, recipes and more!**

Visit the [GLNC Website](http://www.glnc.org.au) for more recipes, factsheets and information on the nutrition and health benefits of whole grains.

