



Plant-based Milk	Cost	Environmental impact	Health impact	Taste
Soy	least (esp if homemade)	use less than 1/10 water of almond milk—Soybeans produce far fewer greenhouse gases than dairy.- BUT using a lot of land space (amazon). According to the Oxford study, soy milk is the joint winner on the sustainability scale	nutrient-dense and contains a good amount of Vitamins A, B-12, and D, Calcium, and omega 3 fatty acids and potassium. -- GMOs! -- contains all the essential amino acids. -- closest to cows milk	very strong taste/acquired taste. great for baking
Oat	moderate	uses least amount of water. BUT oats are often contaminated with glyphosate at levels considered unsafe,	high in total fiber and beta-glucan, a type of soluble fiber == great for chol and blood sugar	very creamy, closest in flavour to cow's milk
Pea-protein	most			
Almond	most	large 'water-foot' impact (but still much less than cow/buffalo) Nearly 70% of commercial bees in the US are drafted every spring to pollinate almonds. Last year, a record number –over one-third of them– died by season's end as a result of these pressures and other environmental threats	probably the least amount of nutrients, mostly water, very few almonds, contains thickeners. but lowest calories of all milks , fortified with A, Ca, D. natural source of vit E	best taste- great for coffee/tea/savoury dishes
Cashew	moderate		only 25–50 calories per cup (240 ml), unsweetened cashew milk is a great, low-calorie option	subtle nutty flavour- good for cereal, smoothies
Millet	moderate		nutritious, gluten-free and rich in high-quality protein	more distinct flavour- best with cereals/oats/porridge
Rice	least	apparently emits excess greenhouse gas but least amount of land useBacteria breeding in rice paddies pump methane into the atmosphere and large amounts of fertilizer pollute waterways.	least likely to cause allergies. contains most carbs per cup. low protein. ?inorganic arsenic	most naturally sweet
Macademia, Hazelnut, etc	most	Hazelnuts are environmentally superior to almonds in that they are pollinated by the wind rather than commercial honeybees and they grow in moist climates, such as the Pacific north-west, where water	higher fat than others, esp walnut and peanut but great source of healthy monounsaturated fats, with 3.8 grams per cup	rich nutty flavour
Coconut milk	least	Because coconut trees only grow in tropical climates, the pressure to meet global demand is causing exploitation of workers and destruction of rainforests. choose 'certified fair trade' if possible	higher fat than other milks. low carb, 'keto-friendly'. high saturated fats. but many of these MCTs which is beneficial for HDL	naturally sweet. great for coffee, baking, and even savoury dishes