



## Plant Based Milk Alternatives and their Applications

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### DESCRIPTION

Plant based milk alternatives may also taste better to certain individuals than traditional cow's milk. Soy, coconut, oat, hemp, rice, quinoa, pea, almond, and other types of nuts are among the alternatives for plant-based milks, although the nutritional profiles of different brands. Dairy milk is a major source of micronutrients like phosphorus, selenium, and zinc, it's critical for consumers to understand the variations in the nutritional composition of any plant based milk substitutes they are consuming. Only beverages made from pea and soy had higher concentrations of magnesium, phosphorus, zinc, and selenium than cow's milk. The most phosphorus, zinc, and selenium were found in pea milk, which had levels that were about 50% higher.

Allergies and intolerances; some people cannot break down lactose because they cannot generate the enzyme lactase. Veganism Animal welfare is a concern for individuals who consume a vegan or plant-based diet and avoid from using or consuming any animal products. People who care about the environment may choose to forego dairy products since, among other ecological effects cows contribute to greenhouse gas emissions.

Soy milk is a popular alternative to dairy milk. Historians can trace the use of soy milk back to 1365 in China. Soy milk has been a mainstay of many diets for generations. In a method resembling the old methods, manufacturers create soy milk from soybean extract. The milk available in chocolate and vanilla flavours as well as sweetened, unsweetened, and flavored varieties. Additionally, full fat and low fat choices are available. Like manufacturers of dairy milk, soy milk producers frequently fortify it with calcium, vitamins A and D, and riboflavin. It is the most similar substitute for cow's milk in terms of its nutritional profile because it also has around the same amount of protein per serving as dairy milk.

Almond milk is another well liked substitute, and it is often made with ground almonds, water, and a sweetener. Almond milk may be enriched by producers with vitamins and minerals. Its texture is creamy and resembles that of dairy milk. The amount of protein in one cup of sweetened almond milk is only

about 1.02 g. When compared to dairy milk and soy milk, this contains significantly less protein. Vitamin E is abundantly present in almonds. Frequently, vitamin E is added to fortified almond milk. In contrast to almonds, it also contains more water. Almonds are a superior choice for vitamin E sources. Almond milk may have fewer calories than cow's milk depending on the amount of added sugar. Additionally, the quantity of almonds and additional nutrients differ between brands. Some people use almond milk to make ice cream and other things. Cashew, hazelnut, and walnuts milk are further varieties of almond milk.

Rice milk may be a good substitute for those who are susceptible to allergies or food intolerances. Soy, gluten, and nuts are frequently excluded. Prior to consuming it, anyone with an allergy should however read the label. Rice, brown rice syrup, and brown rice starch are the main ingredients of rice milk. When compared to dairy milk, rice milk has significantly lower protein content. Whether manufacturers have included sweeteners will affect the caloric content.

Coconut milk- the milk substitute with a texture that is most like to whole milk is probably coconut milk. It has a lot of fat, with 5.08 g of saturated fat in a serving of 1 cup.

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**Received:** 01-Aug-2022, Manuscript no: JFPT-22-17923, **Editorial assigned:** 05-Aug-2022, PreQC no: JFPT-22-17923 (PQ), **Reviewed:** 19-Aug-2022, QC no: JFPT-22-17923, **Revised:** 26-Aug-2022, Manuscript no: JFPT-22-17923 (R), **Published:** 02-Sep-2022, DOI: 10.35248/2157-7110.22.13.949

**Citation:** Kem M (2022) Plant Based Milk Alternatives and their Applications. *J Food Process Technol*. 13:949

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