3 Reasons Almond Milk is Better For You Than Dairy Milk

Hello [[firstname]],

By now, you should know about switching from dairy milk to almond milk. Click below to catch up on the blog post.

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One of the most common nut milks in past years has been soy. You may have noticed that soy is taking a backstage to a different kind of milk. Almond milk is a nut milk that offers a wide variety of benefits you may not have even considered. These benefits outweigh dairy milk in several areas. If you are considering of making the change from dairy milk to almond milk, here are a few reasons you should take the leap.

**Caloric Intake**

One of the first things to consider as an advantage that almond milk has over dairy milk is the reduction in caloric intake. Dairy milk contains up to 150 calories per cup of whole milk while almond milk only has 30 calories. If you are watching your calories and trying to go for a reduced calorie diet then this may be one of the leading benefits that matter to you. This is especially true if you add milk to your coffee, tea, or cereal and the amount of calories tend to sneak up on you before you think about it.

**Reduced Sugar**

Sugar is a huge issue for many people that are trying to move from an unhealthy lifestyle. You may not think about sugar in your milk, but it can be in dairy milk to give it a boost or to make the flavor a bit better. This greatly depends on the manufacturer or dairy. The truth is almond milk does contain a drastic amount of reduced sugars compared to even the lowest level of sugars in dairy milk. This makes almond milk a great choice for certain diet plans. If you are making your own almond milk, you can control this even further to the point the only sugars that the milk contains are those naturally found in the almonds themselves.

**Naturally Lactose Free**

Lactose can be an issue for people with lactose tolerance issues, but can also be an issue for children with sensory issues or children who have autism. If you are concerned about the amount of lactose in your, or your family's, diet then switching to almond is an easy choice. You don't have to worry about it because it naturally doesn't contain any lactose or related hormones.

Though other nut milks are available, and each have their own benefits, almond milk is easily accessible. Even if you can't buy it directly, you can make it fairly easily.

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