

ARE VEGETABLE BEVERAGES A GOOD ALTERNATIVE TO MILK?

OBJECTIVE

Describe the types of vegetable drinks that we can find and study the health benefits according to their nutritional components

OVERVIEW

- **LÍQUIDE EMULSION**
- ALTERNATIVE for: people who do not tolerate certain components present in milk, mainly casein and lactose, but also for those who want to make a change in flavour level.
- **MOST IMPORTANT FEATURES:** Lactose, casein and cholesterol free. Neither B12
- We could find them in different forms: natural, combined and enriched (usually with Ca^{+2} , vitamin D or B12)
- People who suffer from diabetes, allergies or intolerances should verify the basic components and additions before consuming them

VEGETABLE DRINKS CLASSIFICATION

- ❖ PULSES Soy Drinks
- ❖ CEREALS Rice Drinks Oatmeal Drinks
Spelt Drinks Kamut Drinks
- ❖ NUTS Almond Drinks Hazel Drinks
Sesame Drinks
- ❖ TUBERS Tigernut Drinks

VEGETABLE DRINKS COMPONENTS

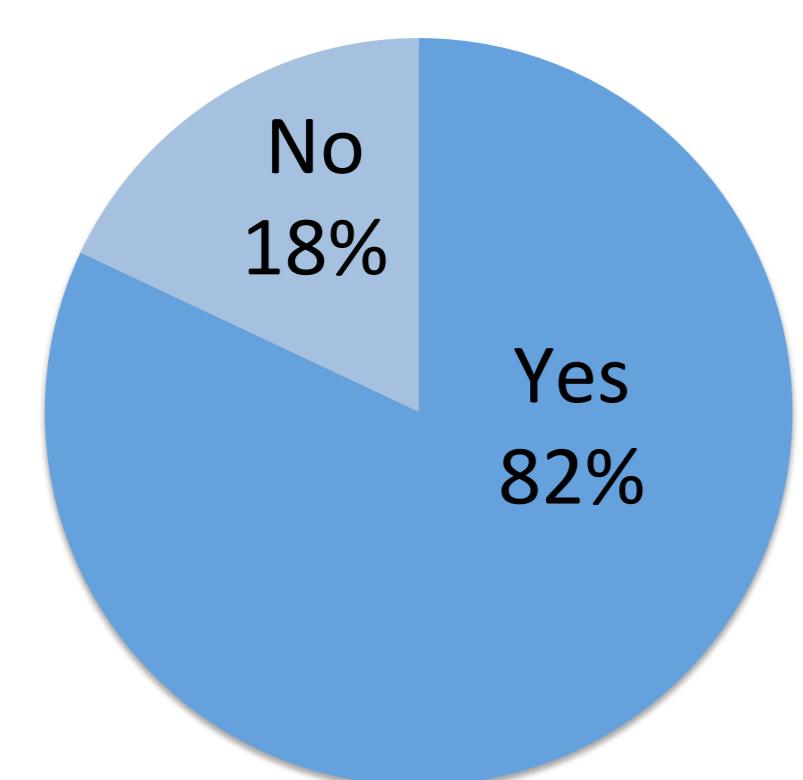
- PROTEINS
- DIETARY FIBER
- FLAVONOIDS
- INSATURATED FATTY
- MINERALS
- VITAMINS

BENEFICIAL HEALTH EFFECT

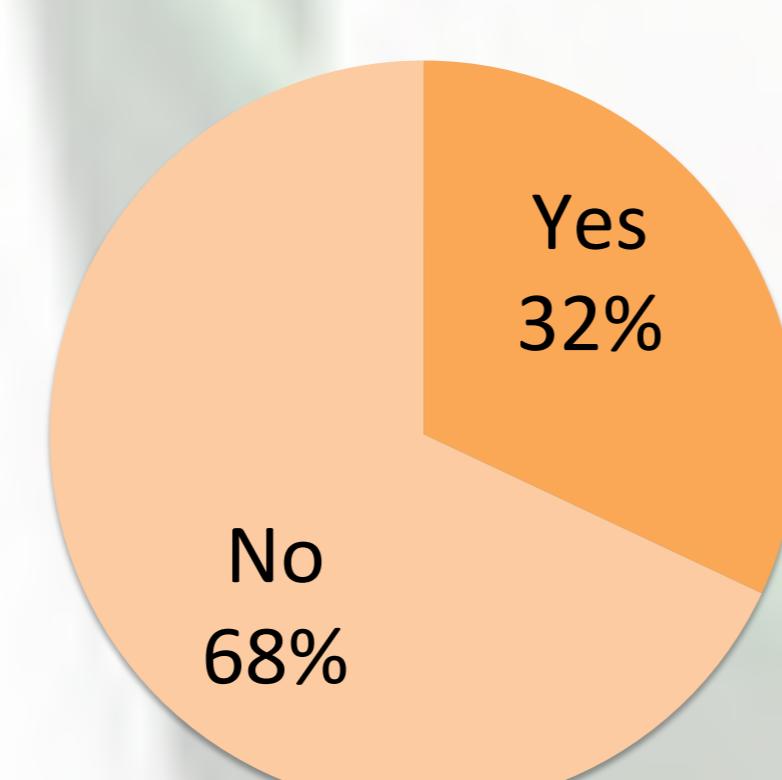
- CARDIOVASCULAR; increases HDL and lowers LDL
- INFLAMMATORY AND SKIN DISEASES AND CERTAIN TYPES OF CANCER
- IMPROVES BOWEL FUNCTION: DIARRHEA AND CONSTIPATION
- ANTIOXIDANT ACTION
- ATHEROSCLEROSIS
- REDUCTION IN OSTEOPOROSIS
- PROVIDE A GOOD FUNCTION OF THE NERVOUS SYSTEM

RESULTS SURVEY

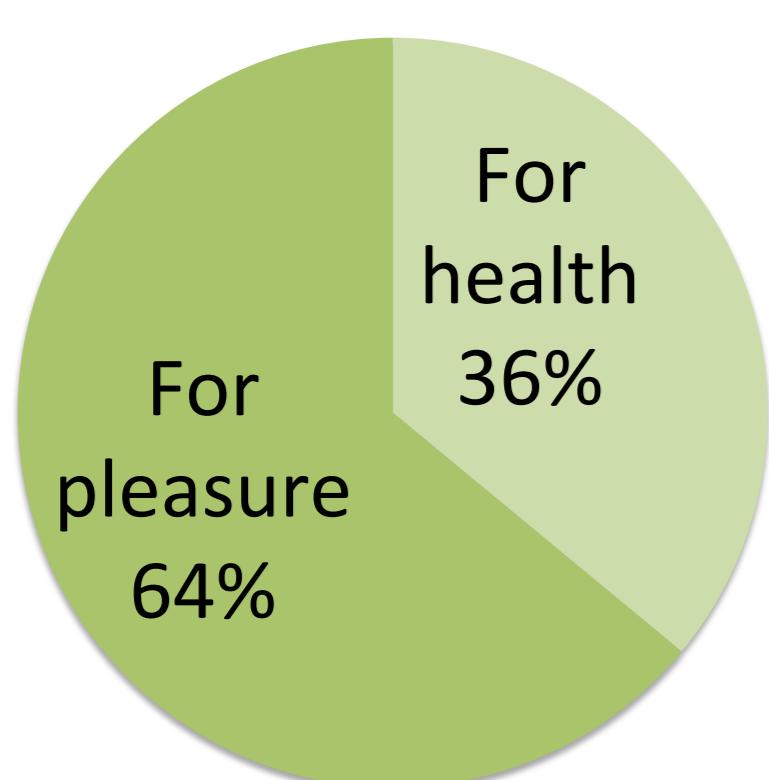
Do you know what vegetable drinks are?



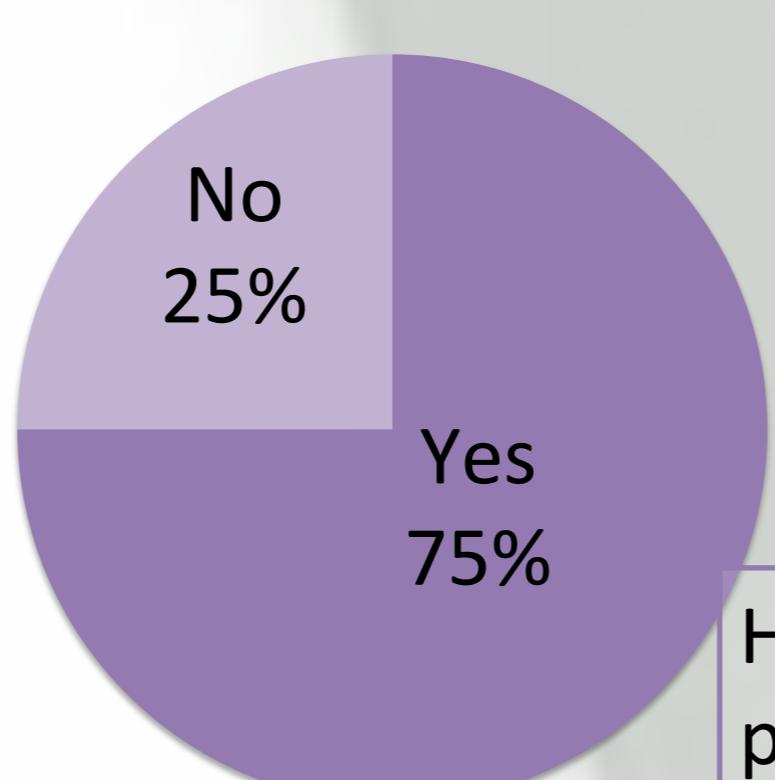
Do you consume any vegetable drinks?



For what reason do you consume it?



Have you ever noticed any improvement?



Had no digestive problems, no physical discomfort and less mucosa

GENERAL FLOW PROCESS

