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 Ca²⁺, 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?

- Yes 82%
- No 18%

Do you consume any vegetable drinks?

- Yes 32%
- No 68%

For what reason do you consume it?

- For health 36%
- For pleasure 64%

Have you ever noticed any improvement?

- Yes 75%
- No 25%

Had no digestive problems, no physical discomfort and less mucosa.

GENERAL FLOW PROCESS

Previous operations (cleaning, grinding, rinsing)

Grinding with moderate temperature

Addition of other ingredients

Filtration

Homogenization

Heat treatment: UHT

Aseptic packaging

Storage