

Plant Based “Milks” Information

1. Good article about plant based milks from www.nutriton.org American Society of Nutrition -

<https://nutrition.org/going-nuts-about-milk-heres-what-you-need-to-know-about-plant-based-milk-alternatives/>

2. Another good article from www.Nutritionaction.com Center for Science in the Public Interest

<https://www.nutritionaction.com/daily/what-to-eat/whats-the-best-milk/>

