

# Dairy, plant-based milks and almond cows

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## We Are What We Eat: Pay The Farmer Not The Pharmacy

- August 3, 2020
- MEERA & ASHOK VASUDEVAN
- SEASON 1
- EPISODE 25

1. [Dairy, plant-based milks and almond cows](#)

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We all grew up on milk and know its calcium, vitamin, mineral rich & contains the sugar, Lactose. But today almost 2/3rd of the human population have difficulty digesting lactose. That's one of the triggers for Veganism which is, deep rooted, spreading and indubitably healthier for the planet and the people. Plant based dairy can often substitute the goodness in milk while skipping lactose. Soy, Almond & Cashew are good sources of dairy and a treasure trove of nutrients.

Find out more at <https://umaglobalfoods.com/blog/>