



SECTION 3 FACTS TABLE WITH GROUP DISCUSSION - EXPERT ROUND TABLE

Cow's Milk substitutes: What the plant-based alternatives can do

In some refrigerators, plant-based milk alternatives have now displaced classic cow's milk. In any case, cow's milk is ahead in terms of price. While it is sometimes offered for as little as 78 cents, consumers often think twice about whether they really need the almond drink e.g. for around 2 \$. Obviously, cow's milk consumption continues to be a subject of debate.

We want to shed some light on the subject and present some representatives of milk alternatives. From a purely legal point of view, only animal milk from cows, goats or horses is entitled to the name "milk". Most plant-based milk representatives therefore adorn themselves with the title "drink," which not infrequently causes additional confusion among consumers.

Overview of arguments pro / contra milk and plant-based alternatives	
ALMOND DRINK	
Animal Welfare	
Factory farming	
Handling calves	
Life expectancy	
Attitudes	
other	
Ecological reasons	
Land consumption	Up to 0,6 m ² to produce 1 Liter Almond Drink
Water consumption	Up to 371 Liters of water to produce 1 Liter Almond Drink
other	
Health	
Vitamin B12	Not naturally contained
Calcium	Not naturally contained
Allergies	
World population, hunger	Plant-based diets could feed all people, Avoiding hunger now and in the future
Economic reasons	
	Almond cultivation in hot, low-precipitation growing regions, e.g. in California (USA)
	Plant-based drinks generally too expensive
	High transport costs

Other arguments:

The great advantage of the vegetable alternatives is the absence of cholesterol and lactose. In terms of taste, some products are not convincing in their natural form. Manufacturers often add sugar, additives and flavorings, which quickly turns the supposedly healthy drink into a calorie bomb. In this case, it is worth taking a look at the nutritional information on the packaging. The missing calcium is now also added industrially to most milk alternatives.

Overview of arguments pro / contra milk and plant-based alternatives	
COW'S MILK	
Animal Welfare	
Factory farming	Up to 1000 cow's in livestock
Handling calves	Separation directly after birth, killing of male calves after short fattening
Life expectancy	5-6 years instead of 25 years
Attitudes	27 % of cows kept in tethers, no exercise, no social contacts
other	
Ecological reasons	
Land consumption	Up to 8,9 m ² to produce 1 Liter Cow's Milk
Water consumption	Up to 1.000 Liters of water to produce 1 Liter Cow's Milk
other	
Health	
Vitamin B12	naturally contained
Calcium	naturally contained
Allergies	Lactose can cause allergies; naturally contained
World population, hunger	Milk is considered food
Economic reasons	
	Dairy sector largest agricultural branch
	Too little payment from dairies
	Cow's Milk is cheaper than Oat Drink!

Overview of arguments pro / contra milk and plant-based alternatives	
OAT DRINK	
Animal Welfare	
Factory farming	
Handling calves	
Life expectancy	
Attitudes	
other	
Ecological reasons	
Land consumption	Up to 0,8 m ² to produce 1 Liter Oat Drink
Water consumption	Up to 47 Liters of water to produce 1 Liter Oat Drink
other	
Health	
Vitamin B12	Not naturally contained
Calcium	Not naturally contained
Allergies	Oat Drink naturally contained Glutene, which can cause allergies
World population, hunger	Plant-based diets could feed all people, Avoiding hunger now and in the future
Economic reasons	
	Investors like Blackstone (at Oatly) come under criticism
	Plant-based drinks generally too expensive
	Oat cultivation in Germany not very profitable

Overview of arguments pro / contra milk and plant-based alternatives	
RICE DRINK	
Animal Welfare	
Factory farming	
Handling calves	
Life expectancy	
Attitudes	
other	
Ecological reasons	
Land consumption	Up to 0,3 m ² to produce 1 Liter Rice Drink
Water consumption	Up to 270 Liters of water to produce 1 Liter Rice Drink
other	
Health	
Vitamin B12	Not naturally contained
Calcium	Not naturally contained
Allergies	
World population, hunger	Plant-based diets could feed all people, Avoiding hunger now and in the future
Economic reasons	Production of rice mainly in Asia
	Plant-based drinks generally too expensive
	High transport costs

Overview of arguments pro / contra milk and plant-based alternatives	
SOY DRINK	
Animal Welfare	
Factory farming	
Handling calves	
Life expectancy	
Attitudes	
other	
Ecological reasons	
Land consumption	Up to 0,7 m ² to produce 1 Liter Soy Drink
Water consumption	Up to 28 Liters of water to produce 1 Liter Soy Drink
other	
Health	
Vitamin B12	Not naturally contained
Calcium	Not naturally contained
Allergies	
World population, hunger	Plant-based diets could feed all people, Avoiding hunger now and in the future
Economic reasons	Manufacturers, such as alpro and Provamel, belong to Danone (manufacturer of dairy products)
	Plant-based drinks generally too expensive
	Soy cultivation in Germany not very profitable