

# PLANT BASED DAIRY ANALOGUES ARE BETTER THAN DAIRY MILK FOR YOUR HEALTH, THE ENVIRONMENT AND ANIMALS. PRESENTING THE FACTS THAT WILL BUST THE MYTHS.

## MYTH

## FACT

### 1. DAIRY FARMING IS GOOD FOR THE CATTLE

### 1. DAIRY IS CRUEL TO CATTLE

A mother cow produces milk only after she delivers, to feed her baby calf. The milk supply is according to her baby's needs. In dairy farming, cows are artificially inseminated so that they will produce milk when they give birth. The female calves get the last drops of milk. The males are either starved or go to slaughter for their meat and skin. Milk is extracted with machines, which can be extremely painful. Cows are re-impregnated within 3 months of delivery and injected with hormones (oxytocin) to produce more milk. Within 2-3 cycles cows are spent and sent to slaughter. India is the largest exporter of beef in the world. How is this good for cattle?

### 2. MILK IS A COMPLETE FOOD, NATURAL AS WELL AS VEGETARIAN. IT IS A SUPERFOOD

### 2. COW'S MILK CAUSES DISEASE

Each mammal species produces milk specific to the needs of its baby and not for any other species. Dairy milk is a complete food for the calf but neither a complete nor a natural food for us.

Although dairy has been considered vegetarian it does not come from a plant, and animals are killed for its production. Therefore it is not really vegetarian.

We can get enough proteins, calcium and minerals from the same place that cows get them - plants. But milk lacks one important ingredient for human health that all plants have - fibre.

Cow's milk is far from a superfood for humans because it's high in fat and cholesterol, and is full of hormones. It can cause hormonal issues such as premature puberty, hypothyroidism, PCOD, diabetes, prostate enlargement, obesity, infertility and can promote breast, prostate and ovarian cancers.

Plant-based milks made at home are far less expensive than cow's milk, but the real savings come in the form of health.

### 3. MILK IS THE DAIRY INDUSTRY. IMPERSONATING OR MASQUERADING AS DAIRY PRODUCT IS ILLEGAL

### 3. THE WORD 'MILK' HAS ALWAYS BEEN USED FOR SUBSTANCES BEYOND DAIRY

The word milk has been used since ages for non-dairy substances like coconut milk and milk of magnesia. It's just a word. Every plant-based milk brand clearly lists its ingredients. Why is this even being considered as illegal?

### 4. MILK IS AN INSTRUMENT OF SOCIO-ECONOMIC DEVELOPMENT & DAIRY IS INDIA'S LARGEST CROP CONTRIBUTING RS 8 LAC CRORE TO THE GDP

### 4. THE PRODUCTION OF DAIRY MILK CAUSES LONG TERM DEFICITS

Milk production may be good for the farmer but it's causing national deficits. India has the largest number of cattle in the world and all these animals need to eat and drink and have space. We don't have enough food to feed our billions, yet we produce food to feed cows in order to produce milk? Eating higher on the food chain implies a huge loss in productivity.

It's scientifically proven that fruit trees yield the maximum food per acre of land and water consumption. Fruits require no plastic packaging and are totally ecological.

Our country has water shortages and all these animals require water. And cutting forests for grazing grounds is robbing India of both trees and biodiversity. It causes climate change. Should we rob our country of its future? You don't need any milk since you are not an infant but with plant-based milks cause less ecological damage. You have a choice. Try it.

**MILK.**  
**MORE THAN ONE.**  
**CHOOSE THE BETTER ONE.**

[https://sharan-india.org/dairy\\_meat\\_alternatives/](https://sharan-india.org/dairy_meat_alternatives/)

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