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CHOOSING A SOY DRINK

Cow's milk and other dairy products contribute important nutrients, such as calcium, protein and fat to a child's diet.

If a child does not tolerate dairy products, it is important to provide them with an alternative source of these nutrients.

Many soy drinks can provide a suitable alternative to cow's milk. However it is important to check the nutritional panel on the product to make sure that it contains enough calcium, protein and fat.

It is important to check with your child's doctor or dietitian before removing dairy products from their diet.

Guidelines for Choosing a Soy Drink

When choosing a soy drink for your child make sure that it has:

At least 100mg of calcium per 100mls of soy drink.

Soy is not naturally high in calcium therefore it is very important to choose a soy drink that has calcium added - this is needed for strong healthy bones and teeth.

At least 3g of fat per 100ml of soy drink.

Many soy drinks are low in fat. These are not suitable for young children. After 2 years of age a reduced fat product (1-2 g fat per 100ml) may be used in children who are growing well.

At least 3g of protein per 100ml of soy drink.

If your child is following a vegan diet, choose a soy drink that is fortified with Vitamin B12* (see below). Children less than 2 years of age on a vegan diet should see a doctor or dietitian for nutritional advice.

Examples of Suitable Soy Drinks

Brand Name	Calcium/100ml(mg)	Protein/100ml(g)	Fat/100ml(g)
Paul's - Soy Life	120	3.5	3.4
Vitasoy - Calci Plus	120	3.2	3.0
Vitasoy - So Milky Regular	120	3.2	3.0
Sanitarium - So Good*	120	3.4	3.4
So Natural - Calci Forte	120	3.1	2.9
Smooth White - Soy Milk*	120	3.4	3.4
Australia's Own - Natural Soy Milk	120	3.1	2.9
Vitalife - Soy Milk	120	3.0	3.0

