

Fact Sheet

(CHS_FS_GNA_027)

SOY MILK

SOY DRINKS

Soy drinks are marketed as a milk alternative. They are produced from whole soy beans or soy protein isolates. Soy has the same amount of protein as cow's milk.

Cow's milk, although not the primary source of nutrition after the child reaches one year, has an important role in the diet. It contributes significantly to protein, calcium, energy, riboflavin and fat intake. The following table is an analysis of cow's milk :

Full cream cow's milk: Analysis per 100ml	
Protein:	3.4 g
Fat:	4.0 g
Carbohydrate:	4.8 g
Energy:	280 kJ
Calcium:	123 mg

Figure 1

Of course, some children are intolerant to milk due to either an allergy to the protein in cow's milk or by the failure to digest cow's milk sugar, known as lactose. Soy drinks do not contain lactose or cow's milk protein and are therefore suitable in the majority of these children's diets. Soy drinks should be assessed for their nutritional value: if they resemble cow's milk (see Figure 1) they are a suitable as a milk replacement. The following products are calcium fortified soy drinks that are nutritionally appropriate replacements:

- Soy Life Regular
- So Good Regular (vanilla and chocolate)
- So Natural Calci-Forte
- Vitasoy Calci-plus
- Australia's Own with calcium
- Franklin's "no frills" soy milk

NB This is not a definitive list and is correct as at 13/01/2005. It is advisable to recheck labels regularly as ingredients and products change over time.

Soy drinks should not be introduced before 12 months of age. An infant soy formula is advisable in infants less than 1 year if necessary. Please consult a health professional for detailed advice.

Source: Royal Children's Hospital Department of Nutrition and Dietetics
Last Updated: January 2005
Review Date: January 2007

Fact Sheet

“Rice Milk”

Rice milk is not an appropriate milk substitute as it is very low in protein and energy. Rice milk preparations should only be used for children with severe allergies (to milk and soy products), as an “extra” eg on cereal, or in cooking. These products are inadequate in essential nutrients, such as protein, fat and energy. Rice milk should not replace milk.

The only rice milks that should be used are the following calcium fortified products:

Pure Harvest Rice Milk with Calcium
So Natural Rice Milk with Calcium

REFERENCES

Carvalho, N., Kennedy, R., Carrington, P., Hall, D. (2001) “Severe Nutritional Deficiencies in toddlers resulting from health food milk alternatives”, *Pediatrics*, 2001, April, 107 (4).

Fraser, E. (1993) *Children's Nutrition*, August 1993, Issue 4.

Additional information on feeding infants and children:

Infant and Toddler Feeding Guide: Parent Information, Royal Children's Hospital Department of Nutrition and Dietetics with the Community Child Health Service, 2002. Available from the Royal Children's Hospital.

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Source: Royal Children's Hospital Department of Nutrition and Dietetics
Last Updated: January 2005
Review Date: January 2007