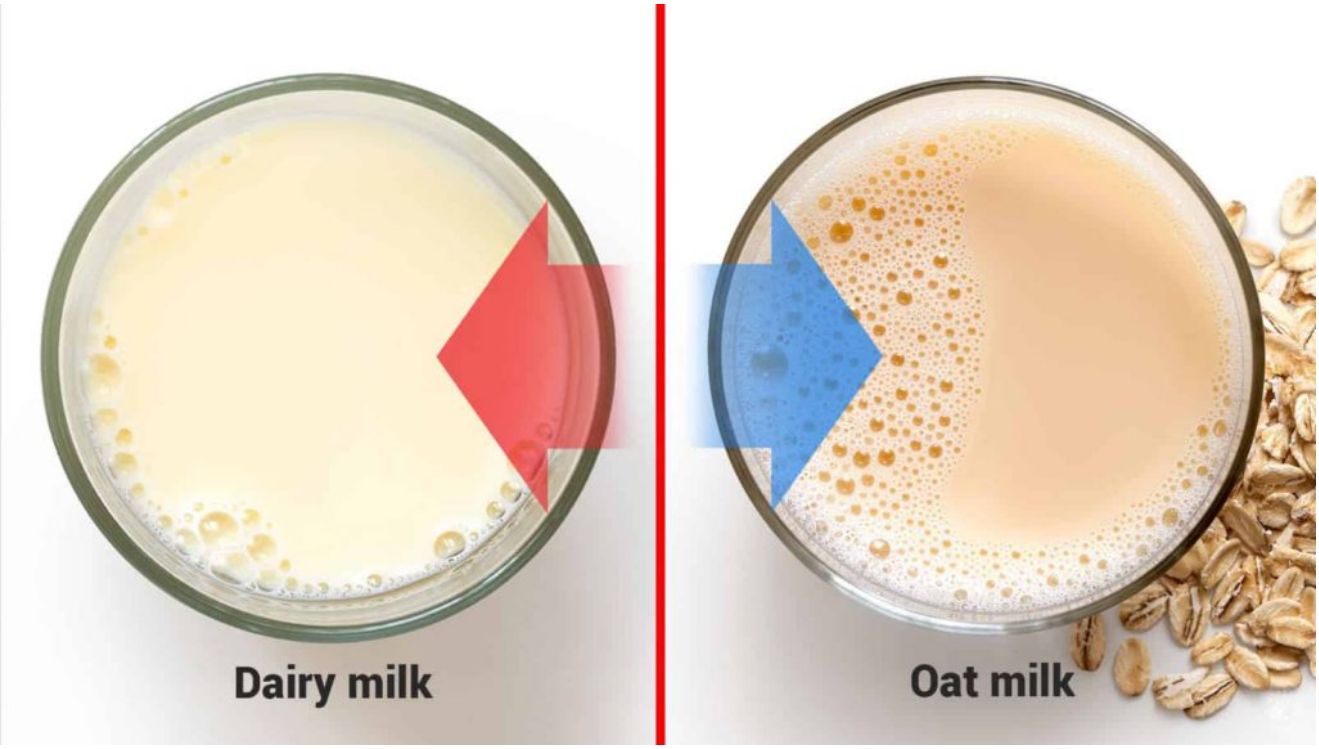
DRINKS & SMOOTHIES

Doctor Explains What Happens To Your Body When You Drink Oat Milk Instead of Dairy

By bestfolkmedicine · 18/06/2019 · 3 min read



With the increase of people choosing to follow a plant-based diet, we now have the chance to pick between plant-based milk and dairy milk. However, this was not always the case.

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Namely, some years back, dairy was the milk-to-go for most people and plant-based milks were rarely mentioned or consumed.

Of course, there are other non-dairy alternatives besides oat, but oat milk seems to be the most popular choice. If you are also interested in learning more about oat milk and what it has to offer for you, make

sure you stick with us.

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You will read some useful facts about this popular type of non-dairy milk.

Oat Milk Explained

Oat milk is an alternative to dairy milk and it is rich in protein, low in fat, and free of lactose. It has a pleasant taste and an abundance of beneficial nutrients. It is mostly made from whole-grain oats or steel-cut ones that are soaked, then blended, and strained with specialized cheesecloth.

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The pulp collected from this straining contains the most fiber whereas the oats have the protein. Some brands of oat milk are known to enhance the milk's nutritional level by adding vitamin D and calcium.

A cup of store-bought oat milk will supply you with 120 calories, 3 grams of protein, 5 grams of fiber, 5 grams of fat, and 14 grams of carbs. If you are considering adding this drink to your diet, check out the list below to learn more about the health benefits it has to offer.

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The Best Health Benefits of Oat Milk

- **Rich in fiber**

Oat milk is abundant in fiber and averagely speaking, a cup of it has around 5 grams of fiber while the RDA of fiber is 25 grams. What's more, it will help your body's digestion because the probiotics will have fiber to "consume" and the digestion will go smoothly. Also, they help have a stronger immunity and lower risk of diseases.

- **Boosts the heart health**

Though this milk has the same calorie amount as dairy milk, it is considered healthier due to the beta-glucan in it which is a type of soluble fiber. This fiber creates a layer in the small intestine and prevents bad cholesterol from passing. What's more, this layer will enhance the body's production of bile and aid the regulation of bad cholesterol and thus, better the cardiovascular health. This is because bad cholesterol is known to elevate the risk of cardiovascular problems.

- **Abundant in calcium**

Oat milk is enriched with sufficient calcium to keep the bone health optimal, as well as the heart, nerve, and muscle function. Moreover, calcium can be of great aid in reducing the risk of osteoporosis, particularly when drank in adequate amounts.

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- **Balances the weight**

One of the best benefits of fiber-rich foods is their ability to prolong our satiety due to the longer digestion. Hence, as it is rich in fiber, oat milk will be slowly digested and your feeling of fullness will last longer. Consequently, you will overeat less and thus, maintain a healthier weight.

- **Good for the eye health**

Since oat milk contains vitamin A, it is great for improving the eyesight. Namely, this vitamin is known to create a protective layer on the eyes' surface and avert dust and bacteria from infecting the eyes.

- **Cleanses the body**

Nowadays, whether it is the food we eat or the air we breathe, toxins are there and they enter into our bodies. If they stay there for too long, they can start causing problems. If you drink oat milk, you will boost the body's detoxification processes and lower the abdominal bloating.

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Important to note:

- ***Young children should never be given oat milk instead of breast or specialized milk because this may impede their proper growth***
- ***Some brands of oat milk put a lot of sugar in their products and this may hinder the advantages of the milk- pick brands carefully!***
- ***Oat milk is not necessarily gluten-free which should be taken into account if you are gluten intolerant***

Sources:

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