

BDJ Team CPD

CPD questions June 2021

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Article: Plant-based milks: the dental perspective

CPD QUESTIONS

Plant-based milks: the dental perspective

Oliver Sumner and Lucy Bridgde look at the differences in the vitamin and mineral content of plant-based milk compared to cow's milk, and outline the potential dental benefits.

Abstract

Background: Consumption of plant-based milk in the UK is increasing as the population ages. Cow's milk is the most common source of calcium and protein in the diet. Plant-based milks are available in a range of flavours and are often fortified with vitamins and minerals. However, the nutritional content of plant-based milks varies significantly from cow's milk. This article compares the nutritional content of cow's milk with that of plant-based milks, focusing on the differences in the content of calcium, protein, and vitamins. The authors also discuss the potential dental benefits of plant-based milks, such as their lower sugar content and the presence of beneficial nutrients like potassium and magnesium.

Introduction

Consumption of plant-based milk in the UK is increasing rapidly. In 2019, sales of plant-based milks in the UK were valued at £1.2 billion, up from £0.8 billion in 2018. This growth is driven by a combination of factors, including the increasing awareness of the health benefits of plant-based diets, the desire for more ethical and sustainable food choices, and the growing popularity of plant-based milks as a convenient and easy-to-use alternative to cow's milk.

Plant-based milks are made from a variety of sources, including soy, almond, oat, and pea. Each source has its own unique nutritional profile. For example, soy-based milks are often fortified with calcium and vitamin D, while almond milks are naturally high in vitamin E. However, it is important to note that not all plant-based milks are created equal. Some brands may have higher sugar content or lower protein levels than others.

The authors of this article, Oliver Sumner and Lucy Bridgde, explore the differences in the nutritional content of plant-based milks compared to cow's milk. They focus on the content of calcium, protein, and vitamins, and discuss the potential dental benefits of plant-based milks. They also provide a list of recommended plant-based milks for dental health.

Plant-based milks are not recommended for exclusive use until two years of age because they do not contain sufficient vitamins and nutrients required for healthy growth.

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Table 1: Nutritional values of cow's milk products (per 100ml unless stated otherwise)

Product name	Energy (kJ)	Energy (kcal)	Protein (g)	Carbohydrate (g)	Fat (g)	Sodium (g)	Calcium (g)	Vitamin D (µg)
Whole milk	260	60	3.3	4.7	3.6	0.1	1.2	0.1
Skimmed milk	260	60	3.3	4.7	0.1	0.1	1.2	0.1
Part-skimmed milk	260	60	3.3	4.7	1.5	0.1	1.2	0.1

Table 2: Nutritional values of plant-based milks (per 100ml unless stated otherwise)

Product name	Energy (kJ)	Energy (kcal)	Protein (g)	Carbohydrate (g)	Fat (g)	Sodium (g)	Calcium (g)	Vitamin D (µg)
Almond	140	30	1.1	1.1	2.4	0.08	0.76	0.0
Oat	140	30	1.1	1.1	0.2	0.08	0.76	0.0
Pea	140	30	1.1	1.1	0.2	0.08	0.76	0.0

CPD QUESTIONS

1. Why might a consumer choose plant-based milk?

A. for environmental reasons
 B. due to lactose intolerance
 C. because a member of their household has cow's milk protein allergy
 D. all of the above

2. Select the false statement regarding children and milks.

A. cow's milk may be given to a baby once they turn one-year-old
 B. plant-based milk may be given exclusively to a baby who has turned one-year-old
 C. rice milks should not be given to children under five-years-old
 D. UK guidance recommends that infants are exclusively breastfed until six months old where possible

3. Which of the following is true?

A. organic cow's milk contains more iodine than regular cow's milk
 B. skimmed milk can be given to children from age two
 C. cow's milk has negligible cariogenic potential
 D. UK cow's milk is fortified with vitamin D

4. Which plant-based milk is regarded to have the lowest environmental impact, compared to other plant-based milks?

A. almond milk
 B. rice milk
 C. soya milk
 D. oat milk