

One cup of Almond milk contains only 60 calories, as opposed to 146 calories in whole milk, 122 calories in 2 percent milk, 102 calories in 1 percent, and 86 calories in skim milk. It is a substitute that will help you lose or maintain your current weight.

The company Sanitarium make one flavoured with Vanilla, which I like.

It keeps your heart healthy

There's no cholesterol or saturated fat in almond milk. It's also low in sodium and high in healthy fats (such as omega fatty acids, typically found in fish), which helps to prevent high blood pressure and heart disease.

It keeps your bones strong

While it doesn't offer as much calcium as cow's milk, almond milk does offer 30 percent of the recommended daily amount, as well as 25 percent of the recommended amount of vitamin D, reducing your risk for arthritis and osteoporosis and improving your immune function. Plus, these two nutrients work together to provide healthy bones and teeth formation.

It keeps your skin glowing

Almond milk contains 50 percent of the recommended daily amount of vitamin E, which contains antioxidant properties essential to your skin's health, such as protecting it against sun damage.

It barely impacts on your blood sugar

Almond milk (with no additives) is low in carbs, which means it won't significantly increase your blood sugar levels, reducing your risk for diabetes. Because of its low glycemic index, your body will use the carbs as energy so the sugars aren't stored as fat (score!).

It contributes to muscle strength and healing

Although almond milk only contains 1 gram of protein per serving, it contains plenty of B vitamins such as iron and riboflavin, both important for muscle growth and healing.

It helps digestion

Almond milk contains almost one gram of fiber per serving, which is important for healthy digestion.

It doesn't contain lactose

Lactose intolerance impacts about 25% of the US population, which means they have difficulty digesting the sugar in cow's milk. This makes almond milk a suitable, lactose-free substitute.

It tastes better than cow's milk

Almond milk doesn't taste like cow's milk, perfect for those who are turned off by the taste. It has its own unique flavour many describe as being light and crisp.

It doesn't need refrigeration

Knowing that you don't have to refrigerate almond milk means you'll be more likely to take it with you to work, or on a camping trip. It's perfectly fine at room temperature which makes it a convenient, nutritious staple to pack, automatically upping your daily intake of all the fabulous nutrients above.