

Plant-based dairy alternatives:

Products available in supermarkets on the island of Ireland, and consumer behaviours and perceptions



Vegetarian, plant-based alternatives to dairy milk, cheese and yoghurt

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Foreword

Foods such as milk, cheese and yoghurt play an important role in the diet by providing calcium, protein and other essential nutrients. There has been a growth in the market of vegetarian, plant-based dairy alternatives in recent years. **safe food** undertook a survey of these types of products currently available in retail outlets on the island of Ireland.

This snapshot survey provides detail on the nutritional profile of the products surveyed and compares them with their dairy equivalents. The report also provides data on consumer purchasing and consumption behaviours and perceptions relating to these products.

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Executive summary

Aims

- Provide an overview of the different types and the nutritional content of vegetarian, plant-based dairy alternatives to milk, cheese and yoghurt available online from supermarkets in Ireland and in Northern Ireland.
- Investigate consumer perceptions of the nutritional content of plant-based dairy alternatives, their reported purchase and consumption of these products.

Methods

The report presents findings from an online audit of vegetarian, plant-based dairy alternatives to milk, cheese and yoghurt available in supermarkets on the island of Ireland between 4 May and 1 June 2021.

Consumers' purchasing behaviours and motivations for choosing vegetarian, plant-based dairy alternatives were determined through the **safefood** Ipsos MRBI survey of 2,000 consumers: 1,000 people in Ireland from 9 to 23 February 2021 and 1,000 in Northern Ireland from 15 to 28 February 2021.

Key findings

Findings from audit of plant-based dairy alternatives available in supermarkets on the island of Ireland

How many vegetarian, plant-based dairy alternatives are available?

The audit identified 201 products, the majority of which were milk alternatives:

- Milk alternatives (105 products)
- Cheese alternatives (38 products)
- Yoghurt alternatives (58 products)

What is the nutritional profile of the products surveyed?

- The calcium content of the products surveyed ranged
 - Between 118 and 189 milligrams per 100 grams (average 130 milligrams per 100 grams) in milk alternatives
 - Between 150 and 600 milligrams per 100 grams (average 183 milligrams per 100 grams) in cheese alternatives

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- Between 55 and 211 milligrams per 100 grams (average 125 milligrams per 100 grams) in yoghurt alternatives.
- Of the 105 alternatives to milk, fifty-eight per cent made claims related to calcium: 30 per cent (31 products) claim to be a source of calcium, 4 per cent (4 products) claim to be high in calcium and 24 per cent (25 products) claim to contain calcium.
- Of the 38 alternatives to cheese, fifty-nine per cent made claims related to calcium: 32 per cent (12 products) claim to be a source of calcium, 3 per cent (1 product) claim to be high in calcium and 24 per cent (9 products) claim to contain calcium.
- Of the 58 alternatives to yoghurt, sixty-seven per cent made claims related to calcium: 45 per cent (26 products) claim to be a source of calcium and 22 per cent (13 products) claim to contain calcium. No yoghurt alternatives claimed to be high in calcium.
- The protein content of the products surveyed ranged
 - Between 0.1 and 3.5 milligrams per 100 grams (average 1.1 gram per 100 grams) in milk alternatives
 - Between 0.1 and 7.0 milligrams per 100 grams (average 1.1 milligrams per 100 grams) in cheese alternatives
 - Between 0.5 and 5.8 milligrams per 100 grams (average 2.9 milligrams per 100 grams) in yoghurt alternatives.
- Thirteen per cent of milk alternatives made claims related to protein: 4 per cent (4 products) claim to be a source of protein, 7 per cent (7 products) claim to be high in protein and 2 per cent (2 products) claim to contain protein.
- Five per cent (2 products) of cheese alternatives claim to be a source of protein, no cheese alternatives claim to be high or rich in protein or claim to contain protein.
- Thirty-one per cent of yoghurt alternatives made claims related to protein: 2 per cent (1 product) claim to be a source of protein, 29 per cent (17 products) claim to be high or rich in protein and no yoghurt alternatives claim to contain protein.
- When the plant-based dairy alternative products are profiled according to front-of-pack “traffic light” labelling:
 - Milk alternatives tend to be low in fat, saturated fat, sugars and salt.
 - Cheese alternative products tend to be high in fat, saturated fat and salt and low in sugars.

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- Yoghurt alternatives tend to be low in fat, saturated fat and salt and medium in sugars.
- Thirty-two per cent of products (64 out of 201 products) had no data provided on the level of micronutrients.

How do the vegetarian, plant-based dairy alternative products compare with dairy products?

A comparison of the average of the range of plant-based dairy alternatives surveyed shows that they are different from dairy milk, cheese and yoghurt and that there was great variation in the nutritional profile of the samples surveyed.

- The average calcium value for alternative to milk was similar to that of dairy milk.
- The average calcium value for alternatives to cheese was less than that of dairy cheese.
- The average calcium value for alternatives to yoghurt was similar to that of dairy yoghurt.
- The average protein value for all plant-based dairy alternative products was less than their dairy equivalents.
- Both milk and cheese alternatives had more energy than their dairy equivalents; however, plant-based yoghurt alternatives had less energy than their dairy equivalents.
- The average milk, cheese and yoghurt plant-based dairy alternative products contain more carbohydrate than their dairy equivalents.
- Both milk and yoghurt alternatives had more sugars than their dairy equivalents; however, plant-based dairy alternative cheeses had less sugars than their dairy equivalents.
- Plant-based dairy alternatives to yoghurt contained both less fat and saturated fat than dairy yoghurt equivalents. Cheese alternatives contained more saturated fat but less total fat than their dairy cheese equivalents. Milk alternatives contained less saturated fat but similar total fat to their dairy milk equivalents.
- Plant-based dairy alternatives to milk contained less salt than their dairy milk equivalents. Yoghurt and cheese alternatives contained more salt than their dairy equivalents.
- Micronutrients cannot be compared due to the lack of data.

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- The dairy alternatives surveyed contained several ingredients and were processed in nature.

Findings from consumer survey on plant-based dairy alternatives

- One third of adults on the island of Ireland report that they consume plant-based dairy alternatives, with 10 per cent stating they always consume plant-based dairy alternatives.
- Milk and milk-drink alternatives are the most popular plant-based alternative to dairy, consumed by 84 per cent of those who consume these products, followed by yoghurt alternatives (36 per cent) and then cheese alternatives (29 per cent).
- Two thirds (71 per cent) of those who report consuming plant-based dairy alternatives do so at least weekly.
- The main reason for choosing plant-based alternatives to dairy is “healthier/better for me” at 20%, followed by “a change/variety” (18 per cent), “I like the flavour/taste” (15 per cent), “dairy intolerance/unable to have dairy (myself/family member)” 14 per cent and “health reasons (myself/family member)” 14 per cent.
- Half (51 per cent) of those who consume the products agree that plant-based alternatives to dairy are better for the environment.
- One quarter (26 per cent) of consumers used the Internet to source information about plant-based dairy alternatives when making the decision to try them.

What is the guidance for consumers on dairy foods and alternatives?

- The plant-based dairy alternatives that were surveyed ranged in nutritional quality so adjustments may be needed when using these products to directly replace dairy products, due to their differing nutritional profiles.
- Consumers are advised to read labels and look for unsweetened products containing sources of protein and added calcium.
- The “Healthy Eating Guidelines” in Ireland recommend 3 servings a day of milk, cheese and yoghurt (and 5 servings a day for those aged 9 to 18). Consumers are advised to
 - Choose reduced-fat or low-fat varieties.
 - Choose low-fat milk and yoghurt more often than cheese.
 - Enjoy cheese in small amounts [1].

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- Consume no more than the recommended portion; examples of a “single serving” are 200 millilitres of milk, 125 grams of yoghurt and 25 grams of hard cheese [2].
- If choosing plant-based dairy alternatives such as soya milk and yoghurts, choose those with added calcium.
- The guidance for consumers in Northern Ireland in relation to dairy products is set out in “The Eatwell Guide”, which advises consumers to
 - Eat some dairy or plant-based dairy alternatives.
 - Choose lower-fat options when possible.
 - For products like yoghurt, check the label and choose those lower in fat and sugars [3].

Consult a trusted source of information if you are seeking guidance on eating a balanced diet as a vegetarian, for example **safefood** <https://www.safefood.net/how-to/vegetarian-diet> .

1 Introduction

What are vegetarian, plant-based dairy alternatives?

This survey focusses on plant-based alternatives for 3 dairy products: milk, yoghurt and cheese.

- Plant-based dairy alternatives to milk are fluids that imitate cow's milk in appearance and consistency that result from the breakdown (size reduction) of plant material including
 - Cereals (grain crops, for example barley, corn, oats, rice, rye and wheat)
 - Pseudocereals (seeds and nut crops used as grains, for example amaranth, buckwheat, chia and quinoa)
 - Legumes or "pulses" (for example alfalfa, beans, chickpeas, lentils, peas, peanuts and soybeans)
 - Oilseeds (for example coconuts, olives, oil palm nuts, rapeseed, sesame, sunflower and soy oil)
 - Nuts (for example almond, cashew, hazel, macadamia and pecan).
- Plant-based milk alternatives are broken down into 5 general categories: cereal-based, pseudocereal-based, legume-based, seed-based and nut-based products[4].
- Plant-based dairy alternatives to cheese are made using vegetable proteins. Often they are made from peanut or soybean protein and from vegetable oils, such as partly hydrogenated vegetable fat, for example soybean or palm oil. Cheese alternatives are also derived from soy, nuts, coconut, tapioca and nutritional yeast [5].
- Plant-based dairy alternatives to yoghurt are generally made by fermentation of liquid evaporated from plant materials such as legumes, oilseeds, cereals or pseudocereals, using lactic acid bacteria to make a gel structure that is similar to dairy yoghurts. Like processed dairy cheese, plant-based yoghurt alternatives are emulsions of oil in water, containing protein, added stabilisers, emulsifiers, flavours, colours, preservatives and water. These ingredients are blended to imitate the appearance and consistency of cheese and, mostly, no maturation period is needed.

Plant-based dairy alternatives and healthy eating

Plant-based dairy alternatives are generally positioned as alternatives to foods that belong on the “milk, yoghurt and cheese” shelf in the “Healthy Eating Guidelines” in Ireland [6] and in the “dairy and alternatives” portion of “The Eatwell Guide” in the United Kingdom (UK) [3].

The Healthy Eating Guidelines in Ireland [6] recommend 3 servings a day of milk, cheese and yoghurt (and 5 servings a day for those aged 9 to 18). Consumers are advised to

- Choose reduced-fat or low-fat varieties.
- Choose low-fat milk and yoghurt more often than cheese.
- Enjoy cheese in small amounts. [1]Consume no more than the recommended portion; examples of a “single serving” are 200 millilitres of milk, 125 grams of yoghurt or 25 grams of hard cheese [2].
- If choosing dairy alternatives such as soya milk and yoghurts, choose those with added calcium.

The guidance for consumers in Northern Ireland in relation to dairy products is set out in The Eatwell Guide, which advises consumers to

- Eat some dairy or plant-based dairy alternatives.
- Choose lower-fat options when possible.
- For products like yoghurt, check the label and choose those lower in fat and sugars [3].

The Eatwell Guide states that dairy products should account for 8 per cent of an individual’s daily food intake. Note that the “dairy and plant-based dairy alternatives” section reduced in size from 15 per cent to 8 per cent, and the emphasis is placed on choosing lower-fat and lower-sugar options, in March 2016 when “The Eatwell Plate” changed to “The Eatwell Guide” [7]. By following this model, we can still get our calcium requirements from the whole diet.

How much dairy products are currently consumed?

The most recent “National Diet and Nutrition Survey” for Northern Ireland [8, 9] reports average consumption per day for dairy products:

- Those aged 11 to 18 consumed 24 grams per day of milk and those aged 65 years and older consumed 22 grams per day of milk.
- Those aged 11 to 18 consumed 8 grams per day of cheese and those aged 65 years and older consumed 15 grams per day of cheese.
- Those aged 11 to 18 consumed 21 grams per day of yoghurt and those aged 65 years and older consumed 27 grams per day of yoghurt.

In Ireland,

- The “National Teens Food Survey” [10] for 2019 to 2020 showed a mean (average) intake of whole milk consumption of 172 grams per day, cheese 11 grams per day and yoghurt 18 grams per day.
- The “National Adult Nutrition Survey” showed that, in 2008 to 2010, those aged between 18 and 64 had a mean intake of 102 grams per day of whole milk, 14 grams per day of cheese and 31 grams per day of yoghurt [11].

Why is there a growth in consumption of plant-based dairy alternatives?

The trend in the consumption of plant-based dairy alternatives is driven by several factors, including the increasing popularity of vegan, vegetarian and “flexitarian” (semi-vegetarian) diets as consumers report animal welfare as the main motivator for making such choices. Additional drivers include consumers’ enjoyment of the diversity of plant-based milk products available. Plant-based milk products last longer than dairy milk once opened and many are “shelf stable” (or “long life”), meaning they do not need refrigeration until they have been opened [12]. Data from the UK shows that a major factor in the growth of the plant-based industry is the increased ethical focus of the consumer, where the main motivation of consumers in selecting these products is to reduce their personal environmental impact and support sustainability. This is partly led by the “millennial” generation (those born between 1981 and 1996) and the emergence of the “flexitarian” consumer [12].

Market analysts [13] have also noted that, in the past, plant-based diets were mostly consumed by the relatively small market of vegetarians and vegans but that growth in the plant-based market is driven by the “flexitarian” consumer. Such analysis notes a variety of factors driving the switch towards plant-based products, including:

- Significant media coverage of the impact of meat and dairy product production on global warming and resource consumption in relation to greenhouse gases
- Animal welfare rights groups having gained significant attention and influence, and the publicising of ways in which animals are treated in the production of products
- Numerous reports on the potential links between high consumption of processed or red meat and cancer

What are some of the nutritional considerations if you choose to consume plant-based dairy alternatives?

The foods and drinks in the “dairy” category of the Healthy Eating Guidelines and The Eatwell Guide provide calcium needed for healthy bones and teeth. They also provide good quality protein for growth and repair, so consumers need to pay particular attention to the calcium and protein content of plant-based alternatives. Milk also plays a role as the main source of iodine in the UK, so consumers may be at risk of iodine deficiency as (unless they are fortified) milk alternatives have a low iodine concentration [14].

A number of studies have reviewed the nutritional characteristics of plant-based alternatives to dairy [5].

Why are we investigating plant-based dairy alternative diets?

Over the past 10 years, plant-based milk alternatives have surged in popularity, with nearly a quarter of people in the UK and 30 per cent of women and those aged between 16 and 24 now using plant-based milk alternatives. The plant-based dairy alternative market is currently valued at 260 million pounds sterling (GBP) and accounts for 8 per cent of milk sales. With soy previously dominating the market, growth is now being driven by oat, almond and

coconut milk, sales of which have increased significantly between 2018 and 2020¹. The UK plant-based milk alternative market is forecast to more than double by 2025 to £565 million GBP. Sales of plant-based milks such as almond and oat milk in Ireland increased by 40 per cent in the 12 months between January 2018 and January 2019². The plant-based milk alternatives market is predicted to be worth \$29.6 billion by 2023 [15].

Usage of standard cow's milk by those aged between 16 and 24 in the UK fell from 79 per cent in 2018 to 73 per cent in 2019. While cow's milk still accounted for most white milk sales in 2018 (96 per cent), 37 per cent of this age group say they have reduced how much standard cow's milk they have used in the last 12 months "for health reasons". Thirty-six per cent of those aged between 16 and 24 in the UK reduced their standard cow's milk intake due to "environmental concerns". Usage of milk is increasingly skewed towards older consumers, peaking at 92 per cent among over-45s [16].

Consideration of plant-based dairy alternatives in the context of sustainable and healthy diets

The Food and Agriculture Organization of the United Nations (FAO) and the World Health Organizations' (WHO) "Sustainable Healthy Diets: Guiding Principles" [17] reference health, environmental and sociocultural (social and cultural) aspects (Figure 1). A number of these principles are relevant in the context of selecting dairy products and alternatives, including that "sustainable, healthy diets"

- Are based on a variety of unprocessed or minimally processed foods balanced across food groups, while restricting highly processed food and drink products
- Include wholegrains, legumes and nuts and an large quantity and variety of fruits and vegetables
- Can include moderate amounts of eggs, dairy, poultry and fish and small amounts of red meat

¹ [Milking it dry? Risks and opportunities of plant-based milk alternatives - Global Food Security](#)

² <https://irishheart.ie/news/heart-of-the-matter-plant-based-milks/>

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These guiding principles also reference environmental aspects that relate to protein sources, including greenhouse gas emissions, water and land use and biodiversity (but there is no information on these aspects on the product label in the supermarket). The principles also reference the need to take cultural dietary patterns into account in order to achieve and a healthy diet is accessible and desirable.

Studies of food and health relationships have consistently highlighted associations between low intakes of plant-based foods and high intakes of animal products and ultra-processed foods with poor health outcomes. Such findings point to using “plant-based diets” as against “animal-based diets” and “degree of food processing” as priority characteristics for analysing dietary patterns in the context of local and global sustainability considerations [17].

Figure 1 The Food and Agriculture Organization of the United Nations and the World Health Organizations' guiding principles for sustainable, healthy diets. (Source: FAO and WHO, 2019.)



2 Aims and objectives

Aims

- Provide an overview of the different types and the nutritional content of plant-based dairy alternatives available online from supermarkets in the ROI and in NI.
- Investigate consumer perceptions of the nutritional content of plant-based dairy alternatives, their reported purchase and consumption of these products.

Objectives

- Conduct an audit of plant-based dairy alternative products available online from the major supermarkets on the island of Ireland.
- Identify the ingredients and nutritional content per 100 grams or millilitres and per serving of these products, specifically fat, saturated fat, sugars and salt.
- Describe the samples in each of the 3 categories (milk, cheese and yoghurt) using front-of-pack “traffic light” labelling criteria.
- Identify the health and nutrition claims on the products.
- Identify marketing terms on the products.
- Compare the nutritional content per 100 grams of the 3 categories of products with their dairy equivalents.
- Investigate consumer perceptions of the nutritional content of plant-based dairy alternatives, their reported purchase and consumption of these products.

3 Methodology

Online audit of plant-based dairy alternatives available in supermarkets on the island of Ireland

Supermarket selection

- Supermarkets included in the audit were selected based on market share data from Kantar (Kantar Group, London) for both Ireland³ and Great Britain⁴, accessed on 14 January 2021. Only supermarkets with an online food-shopping service could be selected for the purpose of the audit.
- The supermarkets selected were
 - Tesco, SuperValu and Aldi in Ireland.
 - Tesco, Sainsbury's and ASDA in Northern Ireland. The websites used were UK websites as the retailers do not have separate websites for the market in Northern Ireland.

Product search terms

- Plant-based dairy alternative options were searched for on online supermarket websites using the terms
 - "Dairy free milk"
 - "Dairy free yoghurt"
 - "Dairy free cheese"
 - "Dairy alternatives"
 - "Vegan product"
 - "Vegan cheese"

³ [Grocery Market Share - Kantar \(kantarworldpanel.com\)](https://www.kantarworldpanel.com) for Ireland accessed on 14 January 2021

⁴ [Grocery Market Share \(kantar.com\)](https://www.kantar.com) for Great Britain accessed on 14 January 2021

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- “Vegan yoghurt”
 - “Vegan milk”
 - “Lacto free products”
 - “Non-dairy product”
 - “Non-dairy cheese”
 - “Non-dairy yoghurt”
 - “Milk alternative”
 - “Yoghurt alternative”
 - “Cheese alternative”
 - “Drink alternative”
 - “Plant-based yoghurt”
 - “Plant-based milk”
 - “Plant-based cheese”
- Products under the “dairy-free” categories on the websites were included.
 - The data was collected between 4 May and 1 June 2021.

Product inclusion and exclusion criteria

- Products were included if they were
 - A direct alternative to the dairy product; that is, milk, cheese or yoghurt products
 - Tagged under “dairy-free alternatives”, “dairy-free cheese”, “dairy-free milk” or “dairy-free yoghurt” categories on the website
- Products were excluded if they were
 - Other drinks that could replace milk such as orange juice, water, dilute drinks, juice drinks
 - Yoghurt-based drinks
 - Other snacks that could replace cheese or yoghurt such as hummus, peanut butter, breadsticks, crackers
 - Lactose-free products that contained ingredients of animal origin

Data collection

- Products were numbered in the order they were recorded.

- Screenshots of the plant-based dairy alternative products identified from the audit were taken, to capture the relevant data:
 - Product description.
 - Product weight.
 - Portion size.
 - Nutrition information – energy, fat, sugars, salt and any micronutrients referenced, specifically riboflavin, vitamin D, calcium, vitamin A, vitamin B12.
 - Serving size, taken from the narrative, front-of-pack labelling or nutritional information on the packaging. If a serving size was not indicated, no assumptions were made and no data was inputted into the table.
 - Marketing terms. Terms were only classified as “marketing terms” if they were displayed on the product, rather than given in the product description.
 - Category on website.
 - Ingredients.
 - Cost.
 - Nutrition and health claims present. European Food Safety Authority guidance⁵ was used to determine the official nutrition and health claims to record.
 - “Source of”.
 - “High in”.
 - “Contains”. The guidance states that “contains” claims mean “Any claim likely to
 - have the same meaning for the consumer”, so any similar claims, for example “added” or “with”, were also included.
 - “Increased”.
 - “Reduced”.
- Front-of-pack “traffic light” labelling was used to classify products as “low”, “medium” or “high” in fat, saturated fat, sugars and salt [18].

⁵ European Food Safety Authority (EFSA) (2019). *Food Safety: Nutrition and Health Claims Nutrition and Health Claims* ([europa.eu](https://eufsa.europa.eu))

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- Search information and inputted data are recorded under clear headings
 - Shop
 - Ireland or United Kingdom
 - Product code
 - Date accessed
 - Product brand
 - Product name
 - Product type
 - Category
 - Dietary types
 - Range of nutritional claims
 - Health claims
 - Marketing claims
 - Product ingredients
 - Product descriptor
 - Weight
 - Cost
 - Aisle where product was found
 - Nutritional value per 100 millilitres or grams
 - Micronutrients referenced
 - Nutritional value per serving
 - Nutritional value per portion
 - Serving size
 - Notes

Categorisation

- The products were categorised based on their description, for example “milk”, “cheese” and “yoghurt”:
 - Plant-based dairy alternative milk
 - Plant-based dairy alternative cheese
 - Plant-based dairy alternative yoghurt

Data analysis

- Microsoft® Excel® software (Microsoft Corporation, Albuquerque, New Mexico, United States of America) was used for statistical analysis of the data.
- Criteria for front-of-pack “traffic light” labelling for food (Table 1) was used to classify cheese and yoghurt products as “low”, “medium” or “high” in fat, saturated fat, sugars and salt, while criteria for front-of-pack “traffic light” labelling for drink (Table 2) was used to classify milk [18].

Table 1 Criteria for determining “red”, “amber” and “green” colour-coding per 100 grams of food for front-of-pack “traffic light” nutrition labelling

Text	LOW	MEDIUM	HIGH	
Colour code	Green	Amber	Red	
Fat	≤ 3.0g/100g	> 3.0g to ≤ 17.5g/100g	> 17.5g/100g	> 21g/portion
Saturates	≤ 1.5g/100g	> 1.5g to ≤ 5.0g/100g	> 5.0g/100g	> 6.0g/portion
(Total) Sugars	≤ 5.0g/100g	> 5.0g and ≤ 22.5g /100g	> 22.5g/100g	> 27g/portion
Salt	≤ 0.3g/100g	> 0.3g to ≤ 1.5g/100g	>1.5g/100g	>1.8g/portion

Notes: * The “low” cut-off is based on the “low” nutrition claim for fat, saturated fat, sugars and salt in the EU Nutrition & Health Claims Regulation legislation (EC) 1924/2006 [19].

** Portion size criteria apply to portions or serving sizes greater than 100 grams.

“≤” means “less than or equal to”.

“>” means “greater than”.

Table 2 Criteria for determining “red”, “amber” and “green” colour-coding per 100 millilitres of drink for front-of-pack “traffic light” nutrition labelling

Text	LOW ⁹	MEDIUM	HIGH	
Colour code	Green	Amber	Red	
			>12.5% of RIs	>15% of RIs
Fat	≤ 1.5g/100ml	> 1.5g to ≤ 8.75g/100ml	> 8.75g/100ml	>10.5g/portion
Saturates	≤ 0.75g/100ml	> 0.75g to ≤ 2.5g/100ml	> 2.5g/100ml	> 3g/portion
(Total) Sugars	≤ 2.5g/100ml	> 2.5g to ≤ 11.25g/100ml	> 11.25g/100ml	> 13.5g/portion
Salt	≤ 0.3g/100ml	>0.3g to ≤0.75g/100ml	> 0.75g/100ml	> 0.9g/portion

Notes: * The “low” cut-off is based on the “low” nutrition claim for fat, saturated fat, sugars and salt in the EU Nutrition & Health Claims Regulation legislation (EC) 1924/2006 [19].

** Portion size criteria apply to portions or serving sizes greater than 150 millilitres.

“≤” means “less than or equal to”.

“>” means “greater than”.

- The EU criteria for nutrition labelling was used to categorise products as “sources of” or “high in” calcium and protein (European Commission Regulation EC 1924/2006) [19].

Comparison of plant-based products with dairy equivalents

- Nutritics® software (Nutritics Limited, Swords, County Dublin, Ireland) was used to assess the nutritional composition of dairy products.
- The code “GB15”, which refers to “McCance & Widdowson’s The Composition of Foods Seventh Summary Edition and Updated Composition of Foods Integrated Dataset” [20], were the standards used.
- The plant-based dairy alternatives were categorised and their dairy equivalents were searched for on Nutritics, which provided an average nutritional profile.
- Screenshots of the relevant Nutritics items identified were taken to capture the data relevant to the comparison.

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- The format of the dairy equivalent selected was chosen to reflect the format of the plant-based dairy alternatives in terms of cooking and preparation required.

Consumer survey to investigate purchasing behaviours and perceptions relating to plant-based dairy alternatives

- Consumers' behaviours and motivations for purchasing plant-based alternatives to dairy were determined via the safefood safetrak consumer survey. The safetrak research was undertaken using a CAPI (Computer-assisted personal interviewing) face-to-face methodology. The total number of interviews achieved was 834 (512 Ireland and 322 Northern Ireland) and fieldwork was conducted between November 2021 and January 2022. Data was weighted to Census estimates at the analysis stage. The questions addressed frequency and types of alternatives to dairy consumed and the motivations for doing so.

4 Results

Online audit of plant-based dairy alternatives available in supermarkets on the island of Ireland

How many plant-based dairy alternatives to milk, cheese and yoghurt were found during the audit?

A total of 201 plant-based dairy alternatives from supermarkets in NI and Ireland were identified from the online audit. The products were divided into 3 categories:

- Milk plant-based alternatives (105 products), which included dairy-free drinks, all dairy-free, plant-based drinks, “free from” products, milk- or dairy-free or similar.
- Cheese plant-based alternatives (38 products), which included dairy-free cheese alternatives, cheese and dairy alternatives, dairy and chilled essentials, “free from” products, Continental and speciality cheese, and lactose- and dairy-free products.
- Yoghurt plant-based alternatives (58 products), which included dairy-free, dairy alternatives, yoghurt alternatives and dairy-free yoghurt alternatives.

The full list of products and details about them are provided in Appendix 1.

Product names and marketing terms

The labels of the products surveyed contain information on the name of the product. A sample of the names, to illustrate the range of terms used to describe the products, includes

- Oat Drink
- Organic Unsweetened Oat M*lk®
- Epic Mature Cheddar Flavour Block®
- Coconut Oil Alternative to Halloumi
- Coconut Oil Alternative to Mature Cheddar
- Smoky Cheddar Flavour Slices
- Dairy-free Raspberry Oat & Coconut

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There are a number of instances where the product is described using the name of a dairy product, which is presented along with a descriptor (a descriptive keyword or phrase) to denote that the product is manufactured with ingredients that do not include dairy. Some examples are

- Unsweetened Almond Alternative to Dairy **Milk**
- Plant Based Alternative to **Camembert**
- Soya Alternative to Plain **Yogurt**

The product labels also bear marketing terms such as

- “Vegan”
- “Plant power”
- “100 per cent plant based”.

It is important to note that there is no legal definition of these terms in EU law.

Cost of plant-based dairy alternatives

The cost of each product in euro (€) or British pounds sterling (£) was recorded per pack according to whether the supermarket was in the ROI or in NI. The cost of products per pack ranged from

- €0.75 to €3.29 in Ireland and £0.55 to £2.50 in NI for milk alternatives
- €2.99 to €3.99 in Ireland and £0.93 to £3.30 in NI for cheese alternatives
- €1.49 to €3.99 in Ireland and £1.00 to £2.50 in NI for yoghurt alternatives

Claims on plant-based dairy alternatives

The products were surveyed to record whether they make either no claim or make claims of “contains”, “source of” or “high in”

- Protein
- Calcium
- Sugars
- Vitamin D
- Vitamin B2

Vegetarian, plant-based alternatives to dairy milk, cheese and yoghurt

- Vitamin B12
- Iodine
- Fat
- Saturated Fat
- Omega 3 and 6
- Fibre
- Iron

Ingredients in plant-based dairy alternatives

The products surveyed contain a number of ingredients, as illustrated in Table 3. Table 3 provides the list of ingredients for 1 product in each of the categories – milk, cheese and yoghurt.

Table 3 Sample lists of ingredients for 1 product from each of 3 categories of products surveyed – milk, cheese and yoghurt – in an audit of plant-based dairy alternatives available in supermarkets on the island of Ireland

Category	Product name and volume or weight	List of ingredients
Milk alternative	Almond Breeze® Unsweetened , 1 litre	Spring water Almonds (2 per cent) Calcium carbonate Sea salt Emulsifier (sunflower lecithin) Stabiliser (Gellan gum), Natural flavouring Vitamins D2, E and B12)
Cheese alternative	Vitalite® Dairy Free Slices, 200 grams	Water Modified starch Coconut oil Salt Tricalcium citrate Flavouring

Vegetarian, plant-based alternatives to dairy milk, cheese and yoghurt

		<p>Acid (citric acid)</p> <p>Preservative (sorbic acid)</p> <p>Colour (carotenes)</p> <p>Vitamin B12</p>
Yoghurt alternative	Alpro® Peach & Pineapple Passion, 4 x 125 grams	<p>Soya base (water, hulled soya beans [9.7 per cent])</p> <p>Peach (10.9 per cent)</p> <p>Sugar</p> <p>Acidity regulators (citric acid, sodium citrates)</p> <p>Stabiliser (pectins)</p> <p>Tricalcium phosphate</p> <p>Flavouring</p> <p>Sea salt</p> <p>Antioxidants (tocopherol-rich extract, fatty acid esters of ascorbic acid)</p> <p>Carrot extract</p> <p>Vitamin B2</p> <p>Vitamin B12</p> <p>Vitamin D2</p> <p>Yoghurt cultures (<i>Streptococcus thermophilus</i>, <i>Lactobacillus bulgaricus</i>)</p>

Nutritional profile of products surveyed

The average nutritional value of the plant-based dairy alternative products per 100 millilitres and the range of minimum to maximum values for the products in each of the categories – milk, cheese and yoghurt – are presented in Table 4.

Vegetarian, plant-based alternatives to dairy milk, cheese and yoghurt

Table 4 Average values and range of minimum to maximum values of nutrients per 100 millilitres or grams of product for each category of plant-based dairy alternatives – milk, cheese and yoghurt – in an audit of plant-based dairy alternatives available in supermarkets on the island of Ireland

	Energy	Fat	Saturated fat	Carbohydrate	Sugars	Calcium	Protein	Salt	Fibre
	Average (min-max) g	Average (min-max) g	Average (min-max) g	Average (min-max) g	Average (min-max) g	Average (min-max) mg	Average (min-max) g	Average (min-max) g	Average (min-max) g
Milk alternatives (105 products)	35.9 (13.0 to 67.0)	1.7 (0.5 to 4.3)	0.4 (0.1 to 2.5)	3.9 (0.0 to 10.5)	2.3 (0.0 to 8.7)	125.0 (104.0 to 189.0)	1.1 (0.0 to 3.5)	0.1 (0.0 to 0.3)	0.5 (0-1.6)
Cheese alternatives (38 products)	282.6 (209.0 to 313.0)	22.7 (12.0 to 29.0)	18.7 (1.6 to 26.0)	17.7 (3.4 to 29.5)	0.6 (0.0 to 3.6)	190.0 (150.0 to 600.0)	1.1 (0.0 to 7.0)	1.7 (0.7 to 3.8)	2.8 (0.5-5.7)
Yoghurt alternatives (58 products)	89.4 (41.0 to 227.0)	4.5 (1.3 to 22.1)	2.2 (0.2 to 11.8)	9.4 (0.0 to 25.0)	6.7 (0.0 to 20.0)	125.0 (55.0 to 211.0)	2.9 (0.5 to 5.8)	0.2 (0.0 to 0.5)	0.9 (0.1-2.7)

Nutritional information presented according to front-of-pack “traffic light” labelling

Figure 2, Figure 3 and Figure 4 illustrate how the products in each of the three categories – milk, cheese and yoghurt - were categorised when “traffic light” labelling criteria were applied.

The products surveyed vary greatly within each category.

Figure 2: The percentage of 105 plant-based dairy alternative milks categorised as “low”, “medium” and “high” in fat, saturated fat, sugars and salt per 100 millilitres of product in an audit of plant-based dairy alternatives available in supermarkets on the island of Ireland.

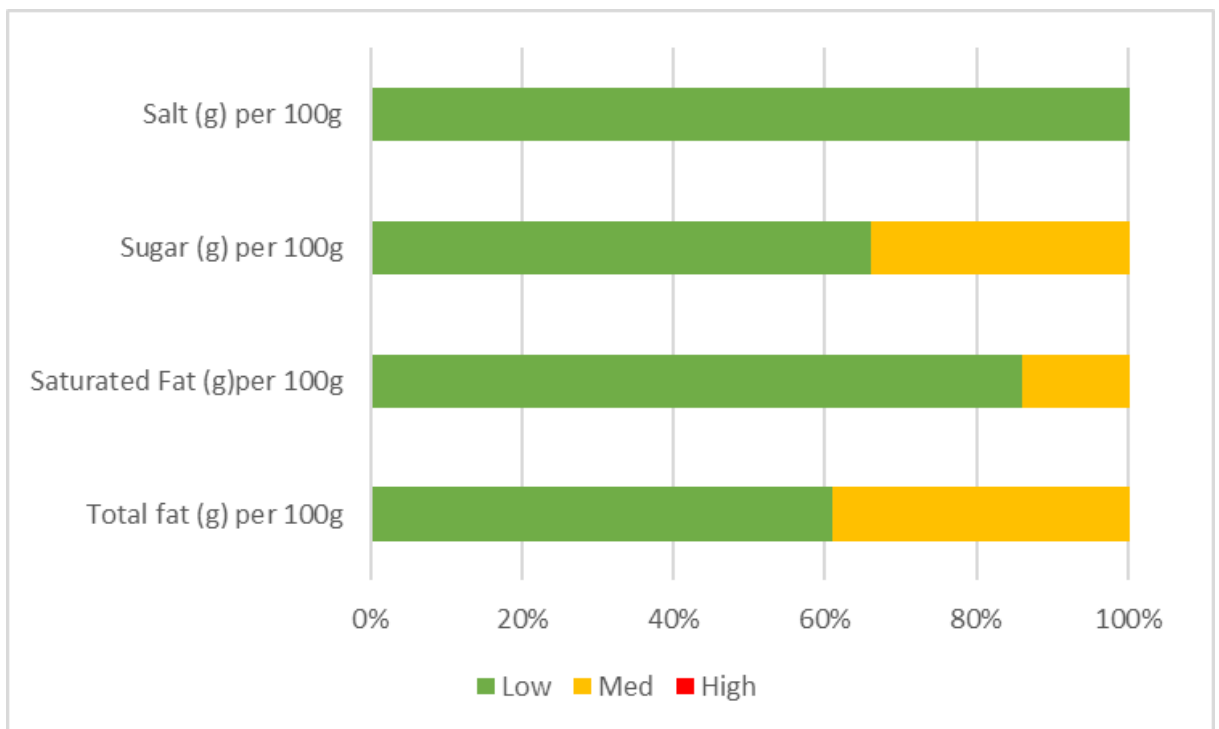


Figure 3: The percentage of 38 plant-based dairy alternative cheeses categorised as “low”, “medium” and “high” in fat, saturated fat, sugars and salt per 100 grams of products in an audit of plant-based dairy alternatives in supermarkets on the island of Ireland.

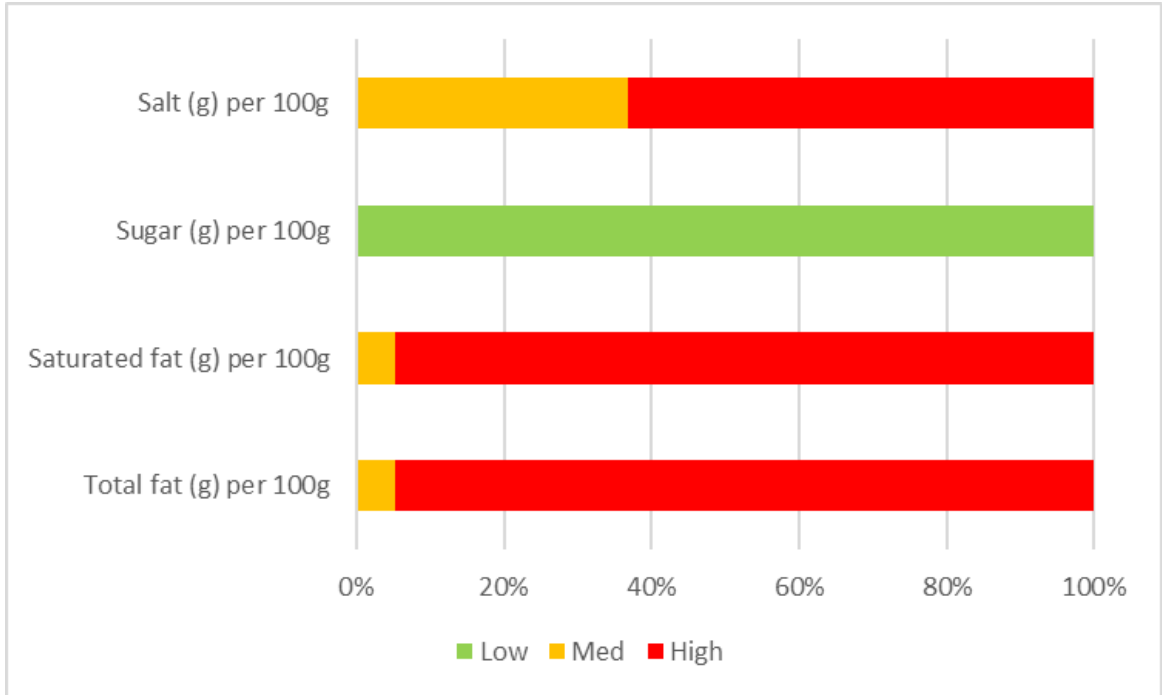
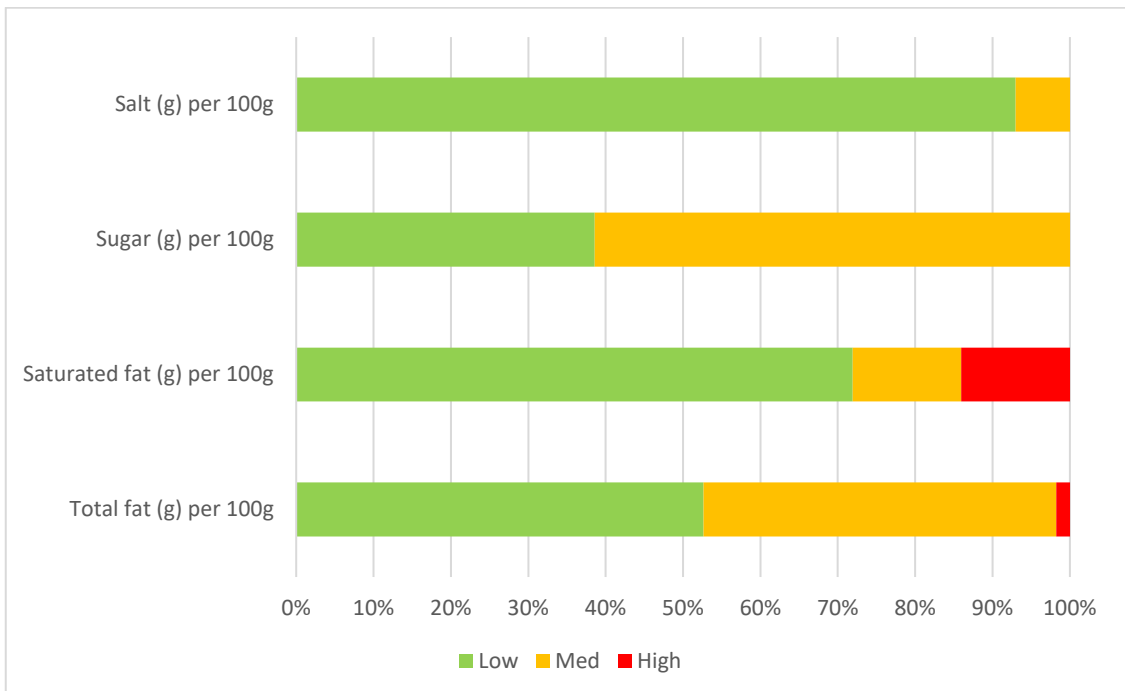


Figure 4: The percentage of 58 plant-based dairy alternative yoghurts categorised as “low”, “medium” and “high” in fat, saturated fat, sugars and salt per 100 grams of product in an audit of plant-based dairy alternatives available in supermarkets on the island of Ireland.



Protein content of products surveyed

The protein content of the products surveyed ranged from zero to 7 grams per 100 grams or millilitres (Table 4). The protein content varied both within each category and across the categories sampled. The products are described based on the categories criteria used for making protein claims whereby:

- If the percentage of energy that comes from protein is between 12 per cent and 19.9 per cent, the product can claim to be a “**source of protein**”
- If the percentage of energy that comes from protein is 20 per cent or greater, the product can claim to be “**high in protein**”

In the case of alternatives to milk, 16 per cent (n=17) were a source of protein, 21 per cent (n=22) were high in protein and 63 per cent (n=66) were neither a source of nor high in protein.

In the case of alternatives to cheese, 5 per cent (n=2) were a source of protein, none were high in protein and 95% per cent (n=36) were neither a source of nor high in protein.

In the case of alternatives to yoghurt, 14 per cent (n=8) were a source of protein, 41 per cent (n=24) were high in protein and 45 per cent (n=26) were neither a source of nor high in protein.

Consumers need to be aware of this if relying on these foods as a protein source.

Comparison of plant-based products with dairy equivalents

Nutritics software was used to assess the nutritional composition of these dairy products. The dairy products selected for comparison with their plant-based alternatives were: semi-skimmed milk (GB15)64326, average hard cheese GB (15) 63277, and plain whole milk yoghurt GB (15)65561.

A comparison of products from the average of the plant-based dairy alternatives with a dairy milk (Table 5) shows that plant-based alternatives had

- The same amount of calcium but less protein
- Less energy, carbohydrate and sugars
- Less fat, saturated fat and salt

than their dairy milk equivalents.

Table 5 Average nutrition value of 105 plant-based dairy alternative milks surveyed compared with dairy milk equivalents per 100 millilitres in an audit of plant-based dairy alternatives available in supermarkets on the island of Ireland

Nutrient	Average nutrition value of 105 plant-based alternatives to milk surveyed	Dairy milk
Calcium (milligrams per 100 millilitres)	125.0	120.0
Protein (grams per 100 millilitres)	1.1	3.4
Energy (kilocalories per 100 millilitres)	36.0	63.0
Carbohydrate (grams per 100 millilitres)	3.9	4.6
Sugars (grams per 100 millilitres)	2.3	4.6
Fat (grams per 100 millilitres)	1.7	3.6
Saturated fat (grams per 100 millilitres)	0.4	2.3
Salt (grams per 100 millilitres)	0.1	1.0

A comparison of products from the average of the plant-based dairy alternative cheeses with their dairy cheese equivalents (Table 6) shows that plant-based alternatives had

- Less calcium and less protein
- More energy and more carbohydrate
- Less fat and sugars
- More saturated fat and salt

than their dairy cheese equivalents.

Table 6 Average nutrition value of 38 plant-based dairy alternative cheeses surveyed compared with dairy cheese equivalents per 100 grams in an audit of plant-based dairy alternative available in supermarkets on the island of Ireland

Nutrient	Average nutrition value of 38 plant-based alternatives to cheese surveyed	Dairy cheese
Calcium (milligrams per 100 grams)	190.0	707.0
Protein (grams per 100 grams)	1.1	5.2
Energy (kilocalories per 100 grams)	282.6	252.0
Carbohydrate (grams per 100 grams)	17.7	2.9
Sugars (grams per 100 grams)	0.6	2.9
Fat (grams per 100 grams)	22.7	24.0
Saturated fat (grams per 100 grams)	18.7	16.0
Salt (grams per 100 grams)	1.7	0.65

A comparison of the average of plant-based dairy alternative yoghurt products with their dairy equivalents (Table 7) showed that plant-based alternatives had

- Similar calcium but less protein
- Less energy, fat and saturated fat
- More carbohydrate, sugars and salt

than their dairy yoghurt equivalents.

Table 7 Average nutrition value of 58 plant-based dairy yoghurt alternatives surveyed compared with dairy yoghurt equivalents per 100 grams in an audit of plant-based dairy alternatives available in supermarkets on the island of Ireland

Nutrient	Average nutrition value of 58 plant-based alternatives to yoghurt surveyed	Yoghurt
Calcium (milligrams per 100 grams)	125.0	126.0
Protein (grams per 100 grams)	2.9	5.6
Energy (kilocalories per 100 grams)	89.3	133
Carbohydrate (grams per 100 grams)	9.4	4.6
Sugars (grams per 100 grams)	6.7	4.3
Fat (grams per 100 grams)	4.5	10.0
Saturated fat (grams per 100 grams)	2.2	6.8
Salt (grams per 100 grams)	0.3	0.17

Micronutrient data

Of 201 plant-based dairy alternative products surveyed, 137 (68.2 per cent) had data provided on the level of micronutrients.

Milk alternatives referenced vitamin B6, vitamins D, D2 and D3, vitamin E, vitamins B2 and B12, folic acid, calcium, riboflavin, potassium iodide, phosphorous and zinc.

Cheese alternatives provided data on the level of calcium and vitamin B12.

Yoghurt alternatives provided data on vitamin B12, vitamin C, vitamin D, vitamin E, vitamins B1 and B2, calcium, potassium and iodine.

Specifically in relation to calcium, products were described based on the presence of calcium claims, the criteria for which are⁶:

- Solids or liquids (other than beverages) must contain 120 mg of calcium per 100 grams or millilitres to claim that they are a source of calcium
- Beverages must contain 60 mg of calcium per 100 millilitres to claim that they are a source of calcium
- Solids or liquids (other than beverages) must contain 240 mg of calcium per 100 grams or millilitres to claim that they are high in calcium
- Beverages must contain 120 mg of calcium per 100 millilitres to claim that they are high in calcium
- Of the 105 alternatives to milk, fifty-eight per cent made claims related to calcium: 30 per cent (31 products) claim to be a source of calcium, 4 per cent (4 products) claim to be high in calcium and 24 per cent (25 products) claim to contain calcium.
- Of the 38 alternatives to cheese, fifty-nine per cent made claims related to calcium: 32 per cent (12 products) claim to be a source of calcium, 3 per cent (1 product) claim to be high in calcium and 24 per cent (9 products) claim to contain calcium.
- Of the 58 alternatives to yoghurt, sixty-seven per cent made claims related to calcium: 45 per cent (26 products) claim to be a source of calcium and 22 per cent (13 products) claim to contain calcium. No yoghurt alternatives claimed to be high in calcium.

Consumer survey to investigate purchasing behaviours and perceptions relating to plant-based dairy alternatives

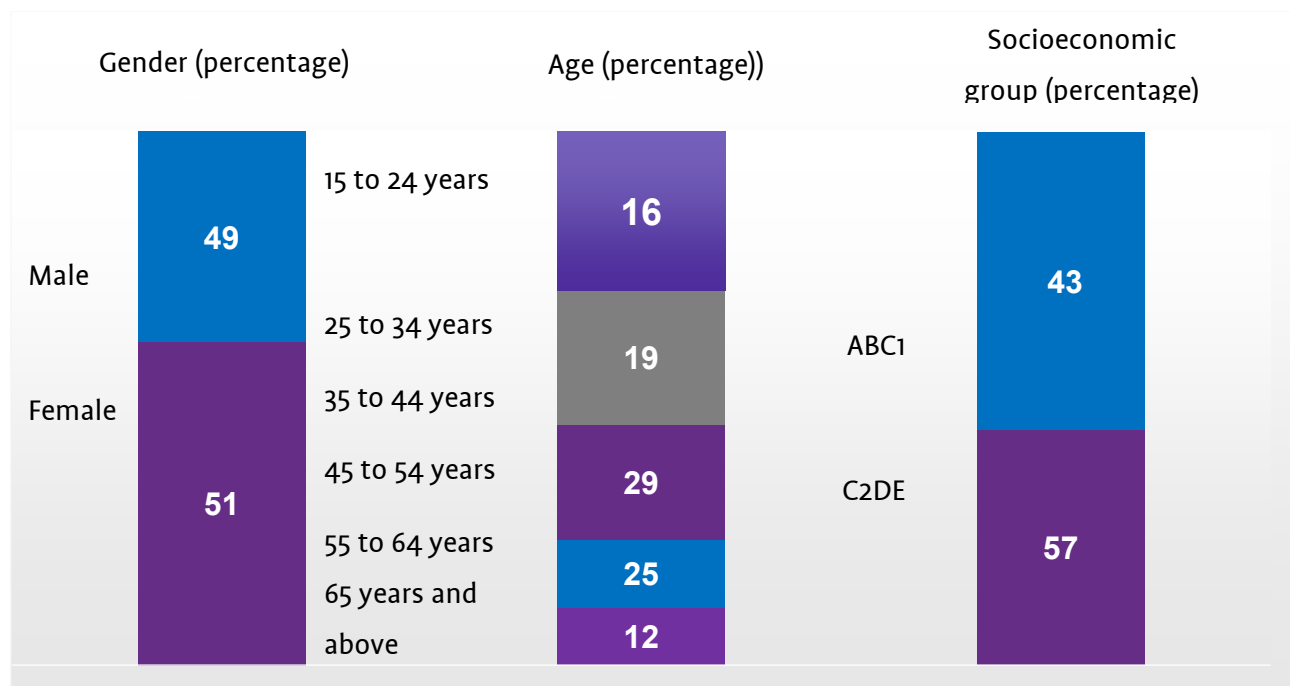
One third of consumers reported consuming plant-based dairy alternatives such as vegan or vegetarian milk, cheese and yoghurt (Table 8). The profile of respondents who participated in the survey is detailed in Figure 6.

⁶ [Nutrition Labelling Rules | Nutrition and Health Claims | Science and Health | The Food Safety Authority of Ireland \(fsai.ie\)](#)

Table 8 Consumers’ responses to the question, “Do you ever consume plant-based dairy alternatives to milk, cheese or yoghurt?” in a survey to investigate behaviours and perceptions around plant-based dairy alternatives among people aged 15 and above on the island of Ireland

Consumption of plant-based dairy alternative to milk	Ireland number of consumers (and percentage)	Northern Ireland number of consumers (and percentage)	Island of Ireland number of consumers (and percentage)
Always	46 (9)	35 (11)	83 (10)
Sometimes	97 (19)	97 (30)	192 (23)
Never	369 (72)	190 (59)	559 (67)
Total	512 (100)	322 (100)	834 (100)

Figure 5 The profile of respondents, by gender, age and socioeconomic group, in a survey to investigate behaviours and perceptions around plant-based dairy alternatives among people aged 15 and above on the island of Ireland.



Vegetarian, plant-based alternatives to dairy milk, cheese and yoghurt

Note: Socioeconomic group “ABC1” means people employed in higher and intermediate managerial, administrative or professional jobs or in supervisory, clerical and junior management roles.

Socioeconomic group “C2DE” means people employed in skilled manual work or semi-skilled and unskilled work, and pensioners, casual workers and unemployed people living on state benefits.

The main reason for choosing plant-based alternatives to dairy is “healthier/better for me” at 20%, followed by “a change/variety” (18 per cent), “I like the flavour/taste” (15 per cent), “dairy intolerance/unable to have dairy (myself/family member)” 14 per cent and “health reasons (myself/family member)” 14 per cent (Table 9).

Table 9 Consumers’ responses to the question, “What is your main reason for choosing plant-based dairy alternative products?” in a survey to investigate behaviours and perceptions around plant-based dairy alternatives among people aged 15 and above on the island of Ireland

Main reason for choosing plant-based dairy alternative products	Ireland percentage of 144 consumers of alternatives	Northern Ireland percentage of 129 consumers of alternatives	Island of Ireland percentage of 273 consumers of alternatives
Healthier/better for me	19	22	20
A change/variety	17	21	18
I like the flavour/taste	11	18	15
Dairy intolerance/unable to have dairy (myself/family member)	16	12	14
Health reasons (myself/family member)	15	11	14
Recommend/influenced by friend/family	6	3	5

Vegetarian, plant-based alternatives to dairy milk, cheese and yoghurt

Main reason for choosing plant-based dairy alternative products	Ireland percentage of 144 consumers of alternatives	Northern Ireland percentage of 129 consumers of alternatives	Island of Ireland percentage of 273 consumers of alternatives
Better for the environment	3	3	3
Vegetarian (myself/family member)	4	2	3
Vegan (myself/family member)	1	3	2
Dairy allergy (myself/family member)	3	2	2
Animal welfare	1	-	1
Other	2	1	1
No reason/don't know	3	2	2

The most popular plant-based dairy alternatives that participants reported consuming were milk or milk-drink alternatives, yoghurt alternatives and cheese alternatives (Table 9).

Table 10 Consumers’ responses to the question, “What types of plant-based dairy alternative products do you consume?” in a survey to investigate behaviours and perceptions around plant-based dairy alternatives among people aged 15 and above on the island of Ireland

Types of plant-based dairy alternative product consumed	Ireland percentage of 144 consumers of alternatives	Northern Ireland percentage of 129 consumers of alternatives	Island of Ireland percentage of 273 consumers of alternatives
Drink/milk-drink alternative	84	84	84
Yoghurt alternative	26	46	36
Cheese alternative	25	33	29
Butter or spread alternative	1	0	1
Burger or meat alternatives	2	2	2
Other	1	3	2

For those consumers who report consuming plant-based dairy alternatives, 25 per cent of consumers on the island of Ireland report eating them daily, with 71 per cent consuming them once a week or more (that is, a combination of once a week, 2 to 4 times a week, 5 to 6 times a week and every day) (Table 11)

Table 11 Consumers' responses to the question, "How often do you consume plant-based dairy alternatives?" in a survey to investigate behaviours and perceptions around plant-based dairy alternatives among people aged 15 and above on the island of Ireland

Frequency of consumption of plant-based dairy alternative products	Republic of Ireland percentage of 144 consumers of alternatives	Northern Ireland percentage of 129 consumers of alternatives	Island of Ireland percentage of 273 consumers of alternatives
Daily	30	20	25
5 to 6 times a week	10	14	12
2 to 4 times a week	18	20	19
Once a week	21	9	15
1 to 3 times a month	14	18	16
Less often than once a month	7	18	12

The main sources of information on plant-based alternatives to dairy were reported to be online/internet (26 per cent), a family member (26 per cent), supermarket/supermarket app/in store (21 per cent), own research/knowledge (21 per cent) and a friend/colleague (20 per cent) (Table 12).

Table 12 Consumers' responses to the question, "When making the decision to try plant-based dairy alternative products, where did you source information about these products from? Or do you not receive any information?" in a survey to investigate behaviours and perceptions around plant-based dairy alternatives among people aged 15 and above on the island of Ireland

Sources of information about plant-based dairy alternatives	Ireland percentage of 144 consumers of alternatives who agree	Northern Ireland percentage of 129 consumers of alternatives who agree	Island of Ireland percentage of 273 consumers of alternatives who agree
Online/internet	29	23	26
Family member	29	23	26
Supermarket/supermarket app/in store	23	19	21
Own research/knowledge	21	20	21
A friend/colleague	18	22	20
Labels/packaging	12	11	11
Blogs/Instagram/YouTube/Facebook	4	-	2
Doctor	3	-	2
Dietitian/nutritionist	1	2	1
Other	1	2	1
Did not research/nothing	9	4	7
Don't know	3	1	2

Vegetarian, plant-based alternatives to dairy milk, cheese and yoghurt

Consumers agreed, overall, on a number of statements regarding plant-based dairy alternatives, with 65 per cent agreeing that they feel healthier consuming plant-based alternatives, 51 per cent agreeing that they felt plant-based dairy alternatives products were better for the environment and 42 per cent agreeing that plant-based dairy alternatives are lower in fat (Table 13).

Table 13 Consumers' responses that agree, overall, to the question, "To what extent do you agree or disagree with each of the following statements using the following scale?" in a survey to investigate behaviours and perceptions around plant-based dairy alternatives among people aged 15 and above on the island of Ireland

Statement	Ireland percentage of 144 consumers of alternatives who agree	Northern Ireland percentage of 129 consumers of alternatives who agree	Island of Ireland percentage of 273 consumers of alternatives who agree
I feel healthier eating plant-based dairy alternatives.	72	57	65
Plant-based dairy alternatives have improved my life.	63	43	54
Consuming plant-based alternatives is a fad.	27	32	29
Plant-based dairy alternatives are lower in fat.	38	47	42
Plant-based dairy alternative products are better for the environment.	48	54	51
Consuming plant-based dairy alternatives is a healthy way to lose weight.	33	39	35

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Vegetarian, plant-based alternatives to dairy milk, cheese and yoghurt

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Appendix 1 Details of plant-based dairy alternative products surveyed

Plant based milk products

Brand	Product name	Volume weight	Energy kilocalories per 100 grams	Fat grams per 100 grams	Saturated fat grams per 100 grams	Sugars grams per 100 grams	Protein grams per 100 grams	Salt grams per 100 grams	Calcium milligrams per 100 grams
Blue Diamond Almonds®	Almond Breeze® Unsweetened	1 litre	13	1.1	0.1	0.0	0.5	0.2	120
Alpro®	Alpro® Soya	1 litre	39	1.8	0.3	2.5	3.0	0.1	120
Alpro®	Alpro® Coconut	1 litre	20	0.9	0.9	1.9	0.1	0.1	120
Alpro®	Alpro® Soya No Sugars	1 litre	33	1.8	0.3	0.0	3.3	0.1	120
Alpro®	Alpro® Hazelnut	1 litre	29	1.6	0.2	3.1	0.4	0.1	120
The Grower's Harvest®	The Grower's Harvest® Soya Drink Unsweetened	1 litre	28	1.3	0.2	0.3	3.0	0.1	Not given
Tesco®	Tesco® Almond Drink Unsweetened	1 litre	15	1.0	0.1	0.3	0.6	0.3	120
Oatly®	Oatly® Oat-milk	1 litre	46	1.5	0.2	4.1	1.0	0.1	120
Tesco®	Tesco® Soya Drink Sweetened	1 litre	44	1.9	0.3	2.5	3.4	0.1	Not given

Vegetarian, plant-based alternatives to dairy milk, cheese and yoghurt

Brand	Product name	Volume weight	Energy kilocalories per 100 grams	Fat grams per 100 grams	Saturated fat grams per 100 grams	Sugars grams per 100 grams	Protein grams per 100 grams	Salt grams per 100 grams	Calcium milligrams per 100 grams
Tesco®	Tesco® Soya Drink Unsweetened	1 litre	38	2.1	0.3	0.5	3.4	0.1	Not given
Oatly®	Oatly® Oat-milk Barista Edition	1 litre	59	3.0	0.3	4.0	1.0	0.1	120
Alpro®	Alpro® Soya	1 litre	42	1.9	0.3	2.5	3.3	0.1	120
Dream®	Dream® Rice	1 litre	50	1.0	0.1	7.1	0.1	0.1	120
Tesco®	Tesco® Soya Drink Unsweetened	1 litre	33	1.5	0.2	0.4	3.5	0.1	Not given
Oatly®	Oatly® Oat Drink Semi	1 litre	46	1.5	0.2	4.1	1.0	0.1	120
Alpro®	Alpro® Growing Up Soya Drink 1-3+ Years	1 litre	64	2.1	0.3	2.5	2.5	0.0	120
Tesco®	Tesco® Almond Drink Sweetened	1 litre	27	1.3	0.1	2.8	0.6	0.1	120
Dream®	Dream® Rice Organic	1 litre	49	1.0	0.1	7.1	0.1	0.1	Not given
Innocent®	Innocent® Hazelnut	750 ml	67	3.2	0.3	3.5	0.8	0.1	118
Tesco®	Tesco® Coconut Drink Sweetened	1 litre	17	0.9	0.8	2.0	0.1	0.1	120

Vegetarian, plant-based alternatives to dairy milk, cheese and yoghurt

Brand	Product name	Volume weight	Energy kilocalories per 100 grams	Fat grams per 100 grams	Saturated fat grams per 100 grams	Sugars grams per 100 grams	Protein grams per 100 grams	Salt grams per 100 grams	Calcium milligrams per 100 grams
UFC®	UFC® Velvet® Coconut Milk Unsweetened	1 litre	25	1.8	1.6	1.6	0.5	0.0	Not given
Mighty®	Mighty® M.lk®	1 litre	39	2.0	0.3	2.0	3.3	0.3	186
Plenish®	Organic & Unsweetened Plenish® Almond	1 litre	34	3.1	0.2	0.0	1.3	0.1	Not given
Mighty®	Protein Oat Mighty® M.lk®	1 litre	54	1.5	0.3	3.1	3.2	0.3	186
Good Hemp®	Seed Milk	1 litre	26	2.7	0.3	0.2	0.1	0.1	Not given
Plenish®	Organic & Unsweetened Plenish® Cashew	1 litre	32	2.5	0.4	0.0	0.9	0.1	Not given
Koko®	Koko® Super Coconut	1 litre	44	2.9	2.3	2.5	1.2	0.1	170
Mighty®	Unsweetened Mighty® M.lk®	1 litre	32	2.0	0.3	0.1	3.3	0.3	180
Innocent®	Innocent® Oat	750 ml	28	0.5	0.1	2.4	0.5	0.1	132
Vita Coco®	Vita Coco® Coconut Milk Original	750 ml	19	1.4	1.3	1.4	0.0	0.0	Not given

Vegetarian, plant-based alternatives to dairy milk, cheese and yoghurt

Brand	Product name	Volume weight	Energy kilocalories per 100 grams	Fat grams per 100 grams	Saturated fat grams per 100 grams	Sugars grams per 100 grams	Protein grams per 100 grams	Salt grams per 100 grams	Calcium milligrams per 100 grams
Rebel Kitchen®	Rebel Kitchen® Mylk®	1 litre	36	2.0	1.4	2.4	0.4	0.1	Not given
Sainsbury's®	Sainsbury's® Unsweetened Soya Alternative to Dairy Milk	1 litre	33	1.9	0.3	0.5	3.4	0.1	120
Sainsbury's®	Sainsbury's® Sweetened Soya Alternative to Dairy Milk	1 litre	42	1.9	0.3	2.5	3.4	0.1	120
Sainsbury's®	Sainsbury's® Unsweetened Almond Alternative to Dairy Milk	1 litre	18	1.3	0.1	0.5	0.5	0.2	120
Provitamil®	Provitamil® Dairy Free Oat Drink	1 litre	40	1.2	0.1	8.7	0.4	0.1	120
Jörd®	Jörd® Nordic Oat Drink Oat Organic	1 litre	51	1.5	0.3	3.2	1.3	0.2	Not given
Rude Health®	Rude Health® Chilled Oat Drink Organic	1 litre	43	1.6	0.4	4.1	0.8	0.1	Not given
Sainsbury's®	Sainsbury's® Sweetened Coconut Alternative to Dairy Milk	1 litre	18	1.0	0.9	1.9	0.5	0.1	120

Vegetarian, plant-based alternatives to dairy milk, cheese and yoghurt

Brand	Product name	Volume weight	Energy kilocalories per 100 grams	Fat grams per 100 grams	Saturated fat grams per 100 grams	Sugars grams per 100 grams	Protein grams per 100 grams	Salt grams per 100 grams	Calcium milligrams per 100 grams
Jörd®	Jörd® Nordic Oat Drink Oat & Hemp Organic	1 litre	52	1.4	0.3	3.2	1.6	0.1	Not given
Jörd®	Jörd® Nordic Oat Drink Oat & Barley Organic	1 litre	51	1.4	0.2	3.6	1.2	0.1	Not given
Alpro®	Alpro® My Cuppa®	750 ml	60	4.3	0.6	1.9	2.1	0.2	Not given
Alpro®	Alpro® Daily Immunity Support® Super Oat Drink	750 ml	27	1.0	0.2	0.0	0.2	0.1	120
Bruce®	Organic Nutty Bruce® Almond & Coconut M*lk	1 litre	43	2.5	0.9	3.3	1.1	0.1	Not given
Bruce®	Organic Oaty Bruce® Unsweetened Oat M*lk	1 litre	45	0.8	0.1	3.5	0.9	0.0	Not given
ASDA®	ASDA® Almond Sweetened	1 litre	29	1.5	0.8	2.5	0.8	0.2	121
ASDA®	ASDA® Almond Unsweetened	1 litre	18	1.5	0.8	0.5	0.8	0.2	121
ASDA®	ASDA® Coconut	1 litre	19	1.0	0.9	1.5	0.5	0.1	122
Qwrkee®	Ever So Qwrkee® Plant-based Pea M'lk Unsweetened	1 litre	53	3.4	0.3	0.3	3.2	0.3	120

Vegetarian, plant-based alternatives to dairy milk, cheese and yoghurt

Brand	Product name	Volume weight	Energy kilocalories per 100 grams	Fat grams per 100 grams	Saturated fat grams per 100 grams	Sugars grams per 100 grams	Protein grams per 100 grams	Salt grams per 100 grams	Calcium milligrams per 100 grams
Qwrkee®	Ever so Qwrkee® Plant-based Pea M'lK Sweetened	1 litre	60	3.4	0.3	1.8	3.2	0.3	120
Oatly®	Oatly® Oat Drink Skinny	1 litre	37	0.5	0.1	4.0	1.0	0.1	120
ASDA®	ASDA® Hazelnut	1 litre	42	2.1	0.2	3.2	1.0	0.1	123
ASDA®	ASDA® Soya Sweetened	1 litre	30	1.2	0.2	2.6	2.0	0.1	123
Alpro®	Alpro® Almond No Sugars	1 litre	13	1.1	0.1	0.0	0.4	0.1	120
Alpro®	Alpro® Almond	1 litre	22	1.1	0.1	2.4	0.4	0.1	120
Alpro®	Alpro® Oat	1 litre	43	1.5	0.1	3.2	0.3	0.1	120
Alpro®	Alpro® Cashew	1 litre	23	1.1	0.2	2.0	0.5	0.1	120
Alpro®	Alpro® Coconut No Sugars	1 litre	14	1.2	1.1	0.0	0.1	0.1	120
Alpro®	Alpro® Oat No Sugars	1 litre	40	1.5	0.2	0.0	0.2	0.1	120

Vegetarian, plant-based alternatives to dairy milk, cheese and yoghurt

Brand	Product name	Volume weight	Energy kilocalories per 100 grams	Fat grams per 100 grams	Saturated fat grams per 100 grams	Sugars grams per 100 grams	Protein grams per 100 grams	Salt grams per 100 grams	Calcium milligrams per 100 grams
Alpro®	Alpro® Organic Soya Unsweetened	1 litre	32	1.9	0.3	0.0	3.3	0.0	Not given
Alpro®	Alpro® Soya Light	1 litre	28	1.2	0.2	1.5	2.1	0.1	120
Alpro®	Alpro® Soya Light Unsweetened	1 litre	22	1.2	0.2	0.0	2.0	0.1	120
Alpro®	Alpro® Rice	1 litre	47	1.0	0.1	3.3	0.1	0.1	120
Alpro®	Alpro® Barista Almond	1 litre	24	1.2	0.1	2.5	0.5	0.1	120
Alpro®	Alpro® Barista Oat	1 litre	43	1.5	0.1	3.2	0.7	0.1	Not given
Alpro®	Alpro® Organic Coconut	1 litre	20	0.8	0.8	1.9	0.1	0.1	Not given
Alpro®	Alpro® Organic Almond	1 litre	15	1.2	0.1	0.0	0.5	0.1	Not given
Califia Farms®	Califia Farms® Oat Barista Blend	1 litre	55	3.0	0.3	2.0	0.7	0.1	104

Vegetarian, plant-based alternatives to dairy milk, cheese and yoghurt

Brand	Product name	Volume weight	Energy kilocalories per 100 grams	Fat grams per 100 grams	Saturated fat grams per 100 grams	Sugars grams per 100 grams	Protein grams per 100 grams	Salt grams per 100 grams	Calcium milligrams per 100 grams
Califia Farms®	Califia Farms® Oat Original Oat Drink	1 litre	54	3.0	0.3	2.0	0.7	0.1	104
Califia Farms®	Califia Farms® Unsweetened Almond Drink	750 ml	16	1.3	0.1	0.1	0.5	0.2	189
Innocent®	Innocent® Almond Dairy Free	750 ml	32	2.8	0.2	0.5	1.4	0.1	125
Innocent®	Innocent® Coconut Dairy Free	750 ml	46	1.3	1.1	3.0	0.5	0.1	135
Oatly®	Oatly® Organic Oat Milk	1 litre	37	0.5	0.1	4.1	1.0	0.1	Not given
Provamel®	Provamel® Organic-bio Almond No Sugars	1 litre	29	2.5	0.2	0.0	1.0	0.1	Not given
Provamel®	Provamel® Organic-bio Oat No Sugars	1 litre	34	1.4	0.2	0.0	0.2	0.1	Not given
Flahavans®	Flahavans® Barista Oat Drink	1 litre	54	1.6	0.4	5.4	0.8	0.1	Not given
Flahavans®	Flahavans® Organic Oat Drink	1 litre	53	1.7	0.3	5.4	0.7	0.1	Not given
Flahavans®	Flahavans® Vitamin Rich Oat Drink	1 litre	53	1.7	0.3	5.4	0.7	0.1	120
SuperValu®	SuperValu® Organic Almond Drink Unsweetened	1 litre	19	1.4	0.1	0.5	0.5	0.0	Not given

Vegetarian, plant-based alternatives to dairy milk, cheese and yoghurt

Brand	Product name	Volume weight	Energy kilocalories per 100 grams	Fat grams per 100 grams	Saturated fat grams per 100 grams	Sugars grams per 100 grams	Protein grams per 100 grams	Salt grams per 100 grams	Calcium milligrams per 100 grams
SuperValu®	SuperValu® Organic Soya Drink Unsweetened	1 litre	20	0.9	0.1	0.5	1.8	0.1	Not given
SuperValu®	SuperValu® Organic Oat Drink Unsweetened	1 litre	42	1.5	0.2	3.3	0.5	0.1	Not given
Bunalun®	Bunalun® Organic Roasted and Unsweetened Almond Drink	1 litre	26	2.4	0.2	0.2	0.9	0.1	Not given
Bunalun®	Bunalun® Organic Unsweetened Coconut Drink	1 litre	45	3.0	2.5	2.0	0.5	0.1	Not given
Bunalun®	Bunalun® Organic Unsweetened Oat Drink	1 litre	53	1.4	0.3	7.7	0.4	0.1	Not given
Koko®	Koko® Original Coconut	1 litre	27	2.0	1.9	1.6	0.2	0.1	120
Koko®	Koko® Unsweetened Coconut	1 litre	15	1.3	1.1	0.2	0.7	0.1	120
Minor Figures®	Minor Figures® Barista Oat	1 litre	48	2.1	0.2	4.5	0.2	0.1	120
Bruce®	Organic Nutty Bruce® Activated Almond & Oat Milk	1 litre	50	2.5	0.7	3.1	0.8	0.1	Not given

Vegetarian, plant-based alternatives to dairy milk, cheese and yoghurt

Brand	Product name	Volume weight	Energy kilocalories per 100 grams	Fat grams per 100 grams	Saturated fat grams per 100 grams	Sugars grams per 100 grams	Protein grams per 100 grams	Salt grams per 100 grams	Calcium milligrams per 100 grams
Bruce®	Organic Nutty Bruce® Activated Almond Milk	1 litre	39	2.1	0.3	2.6	0.9	0.1	Not given
Rude Health®	Rude Health® Barista Almond	1 litre	58	2.1	0.3	5.7	1.8	0.1	Not given
Rude Health®	Rude Health® Coconut Drink Organic	1 litre	53	1.2	1.0	4.2	0.1	0.1	Not given
Rude Health®	Rude Health® Almond Drink Organic	1 litre	56	1.5	0.3	4.7	0.2	0.1	Not given
Tesco®	Tesco® Soya Drink Sweetened	1 litre	44	1.9	0.3	2.5	3.4	0.1	Not given
Dream®	Oat Dream® Oat	1 litre	42	0.8	0.1	4.5	0.7	0.1	Not given
Dream®	Cashew Dream® Cashew Blended with Rice	1 litre	26	1.0	0.2	1.7	0.5	0.1	120
Alpro®	Alpro® Daily Vitality Super Almond Drink	750 ml	13	1.1	0.1	0.0	0.4	0.1	120
Alpro®	Alpro® Creamy Coconut	750 ml	22	0.9	0.9	2.5	0.1	0.2	120
Alpro®	Alpro® Coconut & Almond	1 litre	24	1.3	0.6	2.5	0.3	0.1	120

Vegetarian, plant-based alternatives to dairy milk, cheese and yoghurt

Brand	Product name	Volume weight	Energy kilocalories per 100 grams	Fat grams per 100 grams	Saturated fat grams per 100 grams	Sugars grams per 100 grams	Protein grams per 100 grams	Salt grams per 100 grams	Calcium milligrams per 100 grams
Alpro®	Alpro® Almond No Sugars Unroasted	1 litre	13	1.1	0.1	0.0	0.5	0.1	120
Tesco®	Tesco® Oat Drink	1 litre	47	1.5	0.2	4.7	0.5	0.1	Not given
Good Hemp®	Good Hemp® Unsweetened	1 litre	21	2.0	0.2	0.2	0.5	0.0	118
Acti Leaf®	Acti Leaf® Almond Original	1 litre	29	1.4	0.1	3.2	0.6	0.0	Not given
Acti Leaf®	Acti Leaf® Almond Unsweetened	1 litre	20	1.5	0.1	0.1	0.5	0.1	Not given
Acti Leaf®	Acti Leaf® Soya Original	1 litre	44	2.2	0.4	2.3	3.2	0.2	Not given
Acti Leaf®	Acti Leaf® Soya Unsweetened	1 litre	34	2.1	0.4	0.5	3.4	0.0	Not given
Acti Leaf®	Acti Leaf® Oat	1 litre	48	1.5	0.2	3.8	0.5	0.1	Not given

Vegetarian, plant-based alternatives to dairy milk, cheese and yoghurt

Plant based cheese alternatives (38 products)

Brand	Product name	Weight	Energy kilocalories per 100 grams	Fat grams per 100 grams	Saturated fat grams per 100 grams	Sugars grams per 100 grams	Protein grams per 100 grams	Salt grams per 100 grams	Calcium milligrams per 100 grams
Nurishh®	Nurishh® Cheddar & Mozzarella Style Blend	150 grams	226	12.0	11.0	0.5	0.5	2.0	281
Applewood®	Applewood® Vegan Grated	200 grams	305	24.6	20.9	0.2	1.5	1.8	150
Vitalite®	Vitalite® Dairy Free Slices	200 grams	285	20.2	17.3	0.1	0.1	2.0	Not given
Mexicana®	Vegan Mexicana® Slices	200 grams	298	23.5	20.1	0.7	1.2	1.6	282
Tesco®	Tesco® <i>Free From</i> Coconut Oil Alternative to Grated Mozzarella	200 grams	313	25.9	21.6	0.0	0.0	1.6	Not given
Tesco®	Tesco® <i>Free From</i> Coconut Oil Alternative to Soft Cheese	170 grams	244	24.3	20.9	1.0	0.2	0.8	Not given
Tesco®	Tesco® <i>Free From</i> Coconut Oil Alternative to Garlic & Herbs Soft Cheese	170 grams	250	25.0	21.5	0.8	0.3	1.0	150
Tesco®	Tesco® <i>Free From</i> Coconut Oil Alternative to Halloumi	200 grams	285	18.1	15.2	0.1	0.4	2.2	150

Vegetarian, plant-based alternatives to dairy milk, cheese and yoghurt

Brand	Product name	Weight	Energy kilocalories per 100 grams	Fat grams per 100 grams	Saturated fat grams per 100 grams	Sugars grams per 100 grams	Protein grams per 100 grams	Salt grams per 100 grams	Calcium milligrams per 100 grams
Tesco®	Tesco® <i>Free From</i> Coconut Oil Alternative to Jalapeno & Chilli Cheese Slices	180 grams	302	23.5	19.4	1.8	0.3	1.6	150
Tesco®	Tesco <i>Free From</i> Coconut Oil Alternative to Jalapeno & Chilli Cheese	200 grams	294	20.8	17.4	2.1	0.5	2.0	Not given
Tesco®	Tesco® <i>Free From</i> Coconut Oil Alternative to Grated Hard Cheese	60 grams	306	19.6	15.4	0.1	1.2	3.8	Not given
Sainsbury's®	<i>Free From</i> by Sainsbury's® Grated Cheddar-Style Coconut-Based Alternative to Cheese	200 grams	304	22.9	18.9	0.5	0.7	1.8	Not given
Sainsbury's®	<i>Free From</i> by Sainsbury's® Original Coconut-Based Alternative to Soft Cheese	170 grams	285	26.8	22.3	1.0	6.5	1.2	150
Sainsbury's®	<i>Free From</i> by Sainsbury's® Greek-Style Coconut-Based	200 grams	303	24.4	20.9	0.5	0.5	1.6	Not given

Vegetarian, plant-based alternatives to dairy milk, cheese and yoghurt

Brand	Product name	Weight	Energy kilocalories per 100 grams	Fat grams per 100 grams	Saturated fat grams per 100 grams	Sugars grams per 100 grams	Protein grams per 100 grams	Salt grams per 100 grams	Calcium milligrams per 100 grams
	Alternative to Cheese								
Sheese®	Sheese® Grated Mozzarella Style	200 grams	313	25.9	21.6	0.1	0.1	1.5	150
ASDA®	ASDA® <i>Free From</i> Garlic & Herb Soft Cheese Alternative	170 grams	283	28.0	23.0	1.0	2.5	1.0	150
ASDA®	ASDA® <i>Free From</i> Soft Cheese Alternative	170 grams	281	28.0	23.0	1.0	2.4	1.0	Not given
ASDA®	ASDA® <i>Free From</i> Sliced Mature Cheddar Alternative	180 grams	285	21.0	18.0	0.5	0.5	1.5	150
ASDA®	ASDA® <i>Free From</i> Mature Cheddar Alternative	200 grams	285	21.0	18.0	0.5	0.5	1.5	150
Tesco®	Tesco® <i>Free From</i> Coconut Oil Alternative to Mature Cheddar	200 grams	291	21.1	17.6	0.1	0.6	1.7	150
Violife®	Violife® Original Flavour Creamy	200 grams	239	23.0	21.0	0.0	0.0	1.2	Not given
Violife®	Violife® Greek White Block	230 grams	305	29.0	26.0	0.0	0.0	1.7	Not given

Vegetarian, plant-based alternatives to dairy milk, cheese and yoghurt

Brand	Product name	Weight	Energy kilocalories per 100 grams	Fat grams per 100 grams	Saturated fat grams per 100 grams	Sugars grams per 100 grams	Protein grams per 100 grams	Salt grams per 100 grams	Calcium milligrams per 100 grams
Violife®	Violife® Epic Mature Cheddar Flavour Block	200 grams	303	24.0	22.0	0.2	1.3	2.2	Not given
Oatly®	Oatly® Creamy Oat Spread Plain	150 grams	233	20.0	8.0	3.6	3.2	0.7	150
Follow Your Heart®	Follow Your Heart® Smoked Gouda Style Slices	200 grams	285	23.0	21.0	0.0	0.0	2.3	244
Violife®	Violife® Smoky Cheddar Flavour Slices	200 grams	302	24.0	22.0	0.2	1.3	2.2	Not given
Green Vie®	Green Vie® With Mozzarella Flavour	250 grams	305	24.0	21.0	0.0	0.5	1.8	150
Follow Your Heart®	Follow Your Heart® Medium Cheddar Style Slices	200 grams	289	23.0	21.0	0.0	0.0	2.5	150
Nush®	Nush® Dairy Free Creamy Almond Milk Spread with Live Cultures Chive	150 grams	209	17.0	1.6	1.4	6.9	1.1	Not given
Nush®	Nush® Dairy Free Creamy Almond Milk Spread with Live Cultures Natural	150 grams	215	18.0	1.7	1.4	7.0	1.2	150

Vegetarian, plant-based alternatives to dairy milk, cheese and yoghurt

Brand	Product name	Weight	Energy kilocalories per 100 grams	Fat grams per 100 grams	Saturated fat grams per 100 grams	Sugars grams per 100 grams	Protein grams per 100 grams	Salt grams per 100 grams	Calcium milligrams per 100 grams
Sheese®	Sheese® Cheddar Style with Jalapeno & Chilli	200 grams	294	20.8	17.4	2.1	0.5	2.0	150
Nurishh®	Nurishh® Plant Based Alternative to Camembert	140 grams	286	22.0	20.0	0.6	1.0	1.5	600
ASDA®	ASDA® <i>Free From</i> Grated Mozzarella Alternative	200 grams	313	26.0	22.0	0.5	0.5	1.5	Not given
Violife®	Violife® Original Flavour Grated	200 grams	298	24.0	22.0	0.0	0.0	2.2	Not given
Violife®	Violife® Mozzarella Flavour Grated	200 grams	298	24.0	22.0	0.0	0.0	1.7	Not given
Violife®	Violife® Cheddar Flavour Block	200 grams	270	21.0	19.0	0.0	0.0	2.3	Not given
Violife®	Violife® Mozzarella Flavour Block for Pizza	200 grams	270	21.0	19.0	0.0	0.0	2.3	Not given
Violife®	Violife® Original Flavour Slices	200 grams	285	23.0	21.0	0.0	0.0	2.3	150

Vegetarian, plant-based alternatives to dairy milk, cheese and yoghurt

Plant based Yoghurt alternatives (58 products)

Brand	Product name	Weight	Energy kilocalories per 100 grams	Fat grams per 100 grams	Saturated fat grams per 100 grams	Sugars grams per 100 grams	Protein grams per 100 grams	Salt grams per 100 grams	Calcium milligrams per 100 grams
Alpro®	Alpro® Peach & Pineapple Passion, 4 Pack	4 x 125 grams	-	-	-	-	-	-	-
	Pineapple Passion flavour	2 x 125 grams	78	1.9	0.3	10.3	3.6	0.3	120
Alpro®	Alpro® Raspberry Cranberry & Blackberry, 4 Pack	4 x 125 grams	-	-	-	-	-	-	-
	Raspberry Cranberry flavour	2 x 125 grams	76	1.9	0.3	9.5	3.6	0.2	120
	Blackberry flavour	2 x 125 grams	73	22.1	0.3	9.1	3.7	0.2	120
Alpro®	Alpro® Vanilla	500 grams	66	2	0.4	7.5	3.7	0.2	120
Alpro®	Alpro® Strawberry	500 grams	68	2.1	0.4	7.9	3.6	0.2	120
Alpro®	Alpro® Plain	500 grams	50	2.3	0.4	2.1	4	0.3	120
Alpro®	Alpro® More Fruit No Added Sugars Mango	400 grams	61	2	0.4	5.6	3.7	0.2	120
Alpro®	Alpro® Plain with Coconut	500 grams	55	3	1.1	2.1	3.9	0.3	120
Alpro®	Alpro® Plain with Almond	500 grams	54	2.8	0.4	2.2	3.9	0.3	120

Vegetarian, plant-based alternatives to dairy milk, cheese and yoghurt

Brand	Product name	Weight	Energy kilocalories per 100 grams	Fat grams per 100 grams	Saturated fat grams per 100 grams	Sugars grams per 100 grams	Protein grams per 100 grams	Salt grams per 100 grams	Calcium milligrams per 100 grams
The Coconut Collab®	The Coconut Collab® Natural Coconut Yog	350 grams	125	10	9.8	1.6	1.2	0.1	Not given
Yoplait®	Yoplait® Dairy Free Almond-Based Alternative to Yoghurt Nectarine & Apricot, 4 Pack	4 x 100 grams	101	3.8	0.3	10.2	1.7	0	Not given
Yoplait®	Yoplait® Dairy Free Almond-Based Alternative to Yoghurt Raspberry & Blueberry, 4 Pack	4 x 100 grams	101	3.8	0.3	10	1.7	0	Not given
Yoplait®	Yoplait® Dairy Free Coconut-Based Alternative to Yoghurt Pineapple & Mango Passion, 4 Pack	4 x 100 grams	94	3.9	3.6	9.5	0.5	0.1	Not given
Tesco®	Tesco® <i>Free From</i> Soya Alternative to Fromage Frais 4 Mango	4 x 100 grams	81	2.1	0.3	10.9	3.7	0.1	Not given
Tesco®	Tesco® <i>Free From</i> Soya Alternative to Fromage Frais Raspberry & Passion Fruit, 4 pack	4 x 100 grams	85	2.1	0.3	12	3.7	0.1	Not given

Vegetarian, plant-based alternatives to dairy milk, cheese and yoghurt

Brand	Product name	Weight	Energy kilocalories per 100 grams	Fat grams per 100 grams	Saturated fat grams per 100 grams	Sugars grams per 100 grams	Protein grams per 100 grams	Salt grams per 100 grams	Calcium milligrams per 100 grams
Tesco®	Tesco® <i>Free From</i> Soya Alternative to Fromage Frais Strawberry & Raspberry, 4 pack	4 x 90 grams							
	Strawberry flavour	2 x 90 grams	79	2.4	0.3	9.5	4	0.1	Not given
	Raspberry flavour	2 x 90 grams	76	2.4	0.3	8.8	4.1	0.1	Not given
Tesco®	Tesco® <i>Free From</i> Soya Alternative to Fromage Frais Apricot & Banana 4 Pack	4 x 90 grams							
	Apricot flavour	2 x 90 grams	80	2.4	0.3	9.5	4.3	0.1	Not given
	Banana flavour	2 x 90 grams	81	2.4	0.3	9.7	4.3	0.1	Not given
Tesco®	Tesco® <i>Free From</i> Soya Alternative to Plain Yoghurt	500 grams	46	2.6	0.4	0.4	4.6	0.1	120
Yoplait®	Yoplait® Dairy Free Coconut-Based Alternative to Yoghurt Raspberry & Strawberry-Blackcurrant, 4 Pack	4 x 100 grams	95	3.9	3.6	9.4	0.5	0.1	Not given

Vegetarian, plant-based alternatives to dairy milk, cheese and yoghurt

Brand	Product name	Weight	Energy kilocalories per 100 grams	Fat grams per 100 grams	Saturated fat grams per 100 grams	Sugars grams per 100 grams	Protein grams per 100 grams	Salt grams per 100 grams	Calcium milligrams per 100 grams
Alpro®	Alpro® Cherry	500 grams	75	2	0.4	9.3	3.7	0.2	120
Alpro®	Alpro® Blueberry	500 grams	70	2.2	0.4	7.9	3.7	0.2	120
Alpro®	Alpro® Absolutely Oat Plain	350 grams	83	2.1	0.3	4.5	1.5	0.1	Not given
Alpro®	Alpro® Greek Style Plain	400 grams	68	3.3	0.6	2.5	5.8	0.4	120
Alpro®	Alpro® Greek Style Mango	150 grams	83	2.7	0.5	8.1	4.7	0.4	96
Alpro®	Alpro® Greek Style Passion Fruit	150 grams	81	2.7	0.5	7.4	4.8	0.3	96
Alpro®	Alpro® Greek Style Strawberry Raspberry	150 grams	82	2.7	0.5	8.2	4.7	0.3	96
Soyummy®	Soyummy® Natural	500 grams	48	1.5	0.3	1.8	4.2	0.1	120
Soyummy®	Soyummy® Vanilla	500 grams	71	1.3	0.2	8.7	3.5	0.1	122
Soyummy®	Soyummy® Blueberry	500 grams	74	1.3	0.2	9.1	3.5	0.1	122
Koko®	Plain Koko® With Live Dairy Free Cultures	500 grams	79	4.9	4.2	4.3	0.6	0.4	160
Alpro®	Alpro® No Bits Strawberry Banana, 4 Pack	4 x 125 grams	69	1.9	0.3	8.1	3.6	0.1	120

Vegetarian, plant-based alternatives to dairy milk, cheese and yoghurt

Brand	Product name	Weight	Energy kilocalories per 100 grams	Fat grams per 100 grams	Saturated fat grams per 100 grams	Sugars grams per 100 grams	Protein grams per 100 grams	Salt grams per 100 grams	Calcium milligrams per 100 grams
Tesco®	Tesco® <i>Free From</i> Soya Alternative to Greek Style Yoghurt	400 grams	54	3.3	0.5	0	5.8	0.1	120
The Collective®	The Collective® Dairy-free Raspberry Oat & Coconut	400 grams	118	5.4	4.4	4.1	1.4	0.2	Not given
Alpro®	Alpro® Peach 4 Pack (4 125-gram pots)	4 x 125 grams	69	2.1	0.4	8.2	3.6	0.3	120
Oykos®	Oykos® Stracciatella	350 grams	136	8.3	7.3	9.1	0.8	0.1	Not given
The Coconut Collab®	The Coconut Collab® Mango & Passion Fruit Coconut Yog	360 grams	136	9.1	8.4	5.3	1	0.1	55
Beleaf®	Beleaf® Mango & Passion Fruit Made with Almonds, 350 grams	350 g	100	5	0.6	8.4	1.9	0	Not given
Alpro®	Alpro® Plain No Sugars	500 grams	42	2.3	0.4	0	4	0.3	120
Koko®	Greek Style Koko® Thick & Creamy	400 grams	113	9.6	8.5	0.6	1.1	0.22	160
The Coconut Collab®	The Coconut Collab® Mango & Passion Fruit Coconut Yog	120 grams	124	9.6	9.1	4.3	1.1	0.1	Not given

Vegetarian, plant-based alternatives to dairy milk, cheese and yoghurt

Brand	Product name	Weight	Energy kilocalories per 100 grams	Fat grams per 100 grams	Saturated fat grams per 100 grams	Sugars grams per 100 grams	Protein grams per 100 grams	Salt grams per 100 grams	Calcium milligrams per 100 grams
The Collective®	The Collective® Natural Plant Greek-Style Oats & Coconut Live Cultures	400 grams	116	6.1	5	1	1.5	0.2	Not given
The Collective®	The Collective® Plant Yoghurt Raspberry 400g	400 grams	118	5.4	4.4	4.1	1.4	0.2	Not given
Beleaf®	Beleaf® Berries Made from Almond	120 grams	99	5	0.6	7.5	1.9	0.1	Not given
Oatly®	Oatly® Oatgurt Greek Style	400 grams	145	10	0.8	4.1	3.3	0.1	131
Oatly®	Oatly® Oatgurt Plain	400 grams	84	3.5	0.3	4.4	1.5	0.1	143
Nush®	Nush® Dairy Free Almond Milk Yog Strawberry	350 grams	85	5.9	0.5	2.2	1.8	0.3	Not given
Oatly®	Oatly® Oatgurt Strawberry	400 grams	101	3.2	0.3	9.3	1.4	0.1	122
The Coconut Collab®	The Coconut Collab® Vanilla Coconut Yog,	350 grams	121	10	9.5	2.1	1.2	0.1	Not given
Koko®	Vanilla Koko® With Live Dairy Free Cultures	450 grams	106	5.4	4.4	11.1	0.5	0.2	128
ASDA®	ASDA® Plain Soya Yoghurt Alternative	500g	41	2.4	0.4	0	4.3	0.1	120

Vegetarian, plant-based alternatives to dairy milk, cheese and yoghurt

Brand	Product name	Weight	Energy kilocalories per 100 grams	Fat grams per 100 grams	Saturated fat grams per 100 grams	Sugars grams per 100 grams	Protein grams per 100 grams	Salt grams per 100 grams	Calcium milligrams per 100 grams
Koko®	Raspberry Koko® With Live Dairy Free Cultures, 2 Pack	2 x 125 grams	102	3.9	3.4	12.2	0.6	0.5	128
Little Bandits®	Little Bandits® Strawberry Coconut Pot Awesome Yogurt Alternative 2 Pack	2 x 85 grams	148	11.5	10.4	5	1.6	0.1	192
Little Bandits®	Little Bandits® Banana Coconut Pot Awesome Yogurt Alternative 2 Pack	2 x 85 grams	161	13	11.8	4	1.9	0.1	211
The Coconut Collab®	The Coconut Collab® Choc Pots 4 Pack	4 x 45 grams	227	13	9.9	20	2.5	0.1	Not given
ASDA®	ASDA® Strawberry Soya Yogurt Alternative 4 Pack	4 x 100 grams	75	2.1	0.3	9.7	3.8	0.1	120
ASDA®	ASDA® Lemon Soya Yogurt Alternative 4 Pack	4 x 100 grams	77	2	0.3	10	3.7	0.2	120

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7 Eastgate Avenue, Eastgate, Little Island, Co.Cork, T45 RX01
7 Ascall an Gheata Thoir, An tOileán Beag, Co. Chorcaí, TT45 RX01
7 Aistyett Avenue, Aistyett, Wee Isle, Co. Cork, T45 RX01

Tel +353 (0)21 230 4100
Fax +353 (0)21 230 4111

Email: info@safefood.eu

 [@safefood_eu](#)

 [@safefood_eu](#)

 **Helpline**
ROI 1850 404 567 NI 0800 085 1683