

Environmental Facts

64%

New Zealand dairy is **64% more emissions-efficient** than the global average.¹



New Zealand dairy products are so sustainable that a litre of our milk shipped to Ireland (the next most efficient producer) would still have a lower emissions profile than milk produced there.

The greenhouse gas (GHG) footprint of plant-based alternatives is rarely acknowledged. Soy 'milk' has double the GHG footprint of New Zealand milk per unit of nutrition, and rice 'milk' 10 times.²

GHG

Fermentation-produced proteins (using cells) also have substantially higher footprints – **in some cases up to 50 times higher.**

50x



Nutritional Facts

Most countries recommend at least **one serving of milk (250ml) or milk products daily**, some up to four each day. New Zealand dietary guidelines recommend at least two to three serves.³



Plant-based alternatives do not contain the nutrition of milk naturally produced by New Zealand dairy cows.



Many of the nutrients in plant-based beverages have been added at the factory in order to **mimic natural dairy.**



While some essential nutrients may be present in plant-based alternatives, they are not always in a form that can be absorbed by the human digestive system – **they are not 'bioavailable'.**



1. Chobtang, J., S. F. Ledgard, S. J. McLaren, and D. j. Donaghy. 2017. Life cycle environmental impacts of high and low intensification pasture-based milk production systems: A case study of the Waikato region, New Zealand. J. Clean. Prod.140:664-674.
2. Smedman, A, Lindmark-Mansson, H Drewnowski, A and Edman, A-K M (2010) Nutrient density of beverages in relation to climate change. Food & Nutrition Research, 54:5170.
3. [health.govt.nz/our-work/eating-and-activity-guidelines/current-food-and-nutrition-guidelines](https://www.health.govt.nz/our-work/eating-and-activity-guidelines/current-food-and-nutrition-guidelines).