

## SOY DRINK: A TREND OR A REPLACEMENT?

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**BACKGROUND:** Soy drink it's a popular alternative to milk, is recommended to allergic to cow's milk protein, lactose intolerant, vegans individuals and to the population that wants an option. The work aims to compare soy drink to milk in nutritional levels and how the consumers of an academic community choose soy drinks.

**METHODS:** A scientific review was performed, and articles since 2010 were analysed regarding the nutritional information. An online questionnaire was applied in the academic population of a health school in Portugal with the intention to evaluate the percentage of people that consumed soy drinks and their reasons.

**RESULTS:** The questionnaire results showed that 31.2% of the population consumes soy drink and 42% finds soy drink healthier than milk and that is the main reason to drink soy milk. The nutritional research shows that comparing soy drink with half-fat cow's milk; it has 23% more lipids, 33% more calcium, 63% fewer carbohydrates and approximately the same amount of protein.

**CONCLUSION:** Although some individuals consider soy drink healthier than milk, nutritionally both options are not similar and nutritional education is needed to clarify this concept and provide better food choices.

### Biography

Ana Lucia Baltazar is the Head of Dietetics and Nutrition Department at Coimbra Health School. She is a Senior Lecturer and holds a BSc (Hons) in Dietetics, a Master in Health and Safety at Work and is Specialist in Nutrition and Dietetics. She teaches food toxicology and food technology. She is Post-graduated in auditors in HACCP and in Health and Safety at Work. She is a Member of the Working Groups Microbiological Occurrence in the Food Chain, Food toxoinfections and Effective Communication in Food at National Institute of Health Dr Ricardo Jorge, Lisbon, Portugal. She is a PhD Student in Food Sciences at University of Valencia-Spain.

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