

**BEST OF 2022**

**PLANT MILKS**



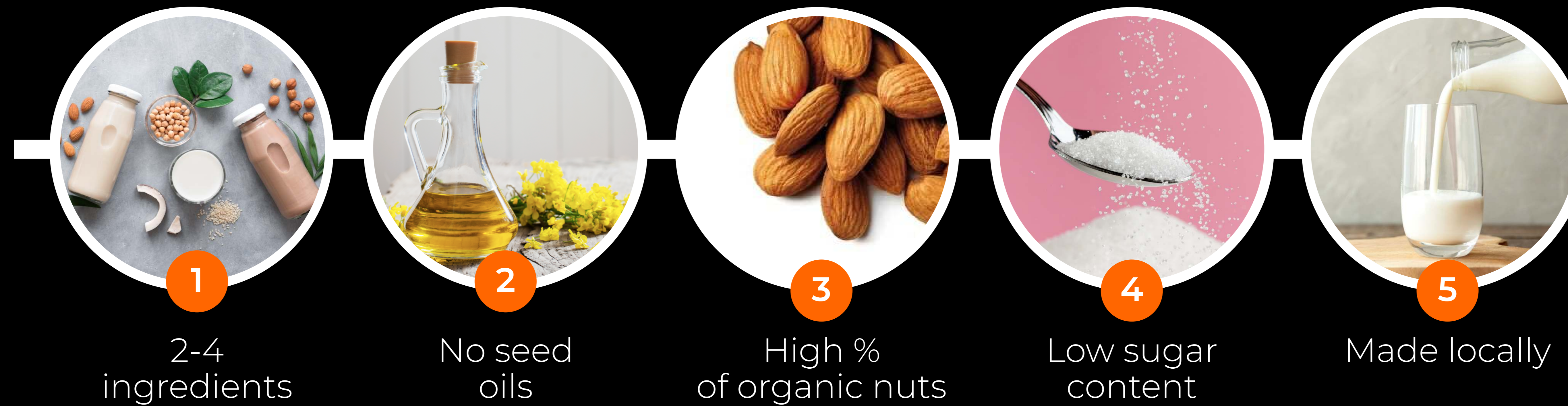
What happened to the milk aisle? So many choices! Sunna looked at the fine print on the back and here are his recommendations.

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We don't try to influence. Take on health responsibility. We are on outside opinion that has not been sponsored.

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CHOOSE A MILK THAT HAS



★  
SUNNA'S TOP HEALTH PICK  
**Plenish**

No gums, colours, seed oils or additives

Other



LOOK FOR

<b>Plenish Organic Almond</b>	<b>Rude Health's Ultimate Almond Organic</b>	<b>Plenish Organic Oat</b>	<b>Plenish Organic Soya</b>	<b>Plenish Organic Coconut</b>	<b>Rude Health's Coconut Drink Organic</b>	<b>Provamel Organic Soya</b>	<b>Oatly Skinny Oat</b>	<b>Nooj Almond Paste</b>
5% almonds, water and salt.	6% almonds, and water.	10% oats, water and sea salt. 3.8g/100ml sugar from oat processing.	10% soya beans and Spring water.	10% coconut milk, 6% organic rice.	7.5% coconut milk, rice, spring water, and sea salt.	9.8% soya beans and water.	10% oats, water and salt. Contains additives.	64% Almonds and water. Contains sunflower oil.
£2.50	£3.00	£2.00	£2.00	£2.50	£2.30	£2.00	£1.95	£3.50

Recommended retail prices, but promotions often apply.

**AVOID**



- Many brands only have a small percentage of nuts.
- E-numbers, stabilizing gums, emulsifiers, flavourings.
- Milk that are made abroad.
- Barista versions with e-numbers and added sugar.



Yours in health

*Sunna*

Sunna Van Kampen  
Founder, Tonic Health

Want to ask Sunna a question? Email him on [sunnavankampen@tonichealth.co](mailto:sunnavankampen@tonichealth.co)