Dairy Queens

Got milk alternatives? Soy, rice and almonds show they can compete with the cows.

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Controversy around the benefits and dangers of moo milk won't be settled till the cows come home. In the meantime, know your options. Many folks opt for low-calorie, protein-rich, organic, fat-free versions of the original dairy treat. For added nutritional value, says Constance Brown-Riggs, MSEd, a registered dietitian and spokesperson for the Academy of Nutrition and Dietetics, "fat-free milk—organic or inorganic—must be fortified with vitamins A and D."

Other folks choose to take a bovine break. Soy milk is a vegetarian favorite that's also a good choice for those who are lactose intolerant and have problems digesting dairy. What's more, soy milk contains roughly the same amount of protein as cow's milk and has fewer calories.

Not feeling soy milk? Then try almond or rice milk. Although they contain less protein than soy milk, they're fortified with calcium and vitamin D. Plus, they pack a nutty sweetness that moves many people to drink up.

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