

Abstract

Milk is a basic component of food represented in the menus of the vast majority of the population. Consumption affects enough essential proteins, fatty acids and minerals in diet. Even though milk is an integral part of diet, because of modernization of recent years, it has been replaced by plant-based drinks - almond, coconut, oat, soy.

The work includes a detailed analysis of both food groups and their subsequent comparison within the framework of the effect on human health.

The theoretical part of the presentation deals with types of animal milk - cow's, sheep's and goat's. All three types of milk will be analyzed, both from the point of view of chemical composition of proteins, carbohydrates, fats, vitamins and minerals and from the point of view of their positive and negative effects on the human organism. After that, the theoretical part deals with the second group, as with plant-based drinks. I discuss almond, coconut, oat and soy drinks, their chemical composition and positive or negative effects on human health. In the conclusion, both food groups are compared and ambiguities regarding the importance in the diet are clarified.

The practical part is divided into two parts. The aim of the first part of the practical part was to find out, using an online questionnaire, whether the general public prefers milk or its plant alternatives, and for what reason, if any, milk is not included in the menu. The first questions are aimed at the respondents, their gender, age and completed education. The follow-up questions are aimed at both milk consumers and plant-based drink consumers. The last questions ascertain the respondents' attitude towards the importance of milk and milk products and the importance of calcium in the diet. According to the given answers, the results of the research were very favorable. The majority of respondents consume regular milk, and almost three quarters of respondents perceive the reasons why milk should be included in the diet. On the other hand, more than half of the respondents do not know whether they receive a sufficient amount of calcium in their diet. The second part of the practical part is devoted to the evaluation of the menu, which does not include milk or dairy products. The resulting evaluation showed a small amount of calcium in the diet of individuals who completed the menu and do not consume milk or dairy products. In individuals, calcium is not even supplemented in the form of dietary supplements.

Key words: milk, plant based drinks, nutrition