Check What Changes When You Replace the Milk - working notes

One situation. Clear facts. An honest next step.

Plant-based milk alternatives vary in nutrient content. Compare the actual labels across relevant nutrients and get appropriate guidance before making an individual child's feeding change.

Hypothetical example: Two beverages have similar calcium figures but different protein amounts. An adult records both and asks the relevant clinician about the intended dietary replacement.

01 Name the replacement you are considering

Identify the current product and intended replacement role.

Intended household use

Current product description

Proposed replacement description

02 Compare the nutrients the name cannot supply

Compare actual nutrient panels on the same basis.

Serving basis used

Nutrients that differ

Label question still open

Check What Changes When You Replace the Milk - working notes / Review & follow-through

03 Check the exact version you will buy

Resolve individual-care and exact-product questions.

Relevant guidance to consult privately

Exact version checked

Approved substitution boundary

04 Make the shopping instruction specific

Give the shopper a clear choice and substitution boundary.

Shopping instruction

Reason for this choice

Recheck trigger