

Abstract:

This diploma thesis focuses on differences between animal milk and its plant-based alternatives. This work is divided into a practical and theoretical part. The theoretical part describes composition of the plant-based milk, its consumption and its quality compared with the animal milks. One section from the theoretical part deals with the most frequent myths about animal milk.

The practical part is devoted to a research. The main aim of this research was to find out (by using a questionnaire), whether and how often students consume animal milk and its plant-based alternatives, which of these they prefer, what the reason for the consumption is and what the sources of the information on animal milk and its plant-based alternatives are. Other aims of this research are to evaluate the knowledge of the questioned students about this issue and to find out how the students perceive this problem and to prove or disprove the stated hypotheses.

The purpose of this diploma thesis is to help clients to orient themselves in the information on animal milk and its plant-based alternatives and to clarify some of the myths which still occur in the population.

Key words:

milk

plant milk

the effect of milk on health

milk composition