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Dairy-Free Guide

Dairy is defined as all milk, all cheeses, yogurt, butter, all creams, and other things with milk in them.

The following ingredients mean that milk is present in a product: milk, skim milk, cream evaporated milk, condensed milk, dried milk, butter, powdered milk, **whey**, lactose, caseinate, lactalbumin, cheese, curds, milk solids, yogurt, buttermilk, **casein**, lactate, sour cream, calcium caseinate.

You are allergic to milk protein, not lactose or fat—so lactose free or fat free milk will still be an allergen for you.

Milk Is Usually Found In the Following Products

1. Baking powder biscuits, breads, pancakes, waffles, flour mixes
2. Doughnuts, cakes, cookies, pie crusts, puddings, muffins, popovers, caramel, curds, custards, etc...
3. Eggs--if scrambled in milk or omelets
4. Chocolate (milk or dark); cocoa drinks, ovaltine, malted milk, milkshakes, ice cream
5. Milk based salad dressings, creamed foods/soups/casseroles, chowders, cream sauces, scalloped dishes, alfredo sauce
6. Fritters, buttered popcorn, gravies, mashed potatoes, battered items

When inquiring about the presence of milk in a product ask--Is there any dairy product at all in this food?

Available At Whole Foods, Trader Joes, Sprouts, Health Food Stores and Supermarkets, etc.

1. Milk: Always Buy UNSWEETENED

- a. Any flavor is okay and can be bought unsweetened: **Regular, Vanilla, Chocolate**
- b. **Types of Alternative milks (these evolve continually)**
 1. Soy
 2. Rice
 3. Hemp
 4. Coconut
 5. Hazelnut
 6. Almond
 7. Flaxseed
 8. Macadamia



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9. Others

2. **Cheeses**--Most alternative cheeses will have casein in them. However, there are some brands which state they are Casein-Free/Vegan.
 - a. Daiya cheese is soy, dairy and gluten free
 - b. Kite Hill Almond products: cream cheese, ricotta cheese.
 - c. Others

3. **Yoghurt:**
 - a. So Delicious unsweetened plain cultured coconut milk
 - b. Nancy's Soy Yoghurts

4. **Ice Cream**
 - a. Rice Dream Ice Cream—unsweetened innately.
 - b. Soy ice cream
 - c. Coconut ice cream (Including So Delicious dairy free, sugar free)
 - d. Goat milk ice cream

5. **Butter**—Don't use any type of margarine. Use Earth Balance spread or whey free Smart Balance. You can also do what the Italians do and spread olive oil on your bread.

6. Many people who cannot handle cow's milk can eat goat or sheep milk products such as goat milk, goat/sheep cheese, goat yogurt. We can experiment with this if you desire after the first month of total dairy avoidance.