

Village Health Clinic

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www.villagehealthclinic.ca

ALTERNATIVES TO DAIRY

Dairy Products	Alternatives
Milk	Soy Milk (SoNice, Edensoy, Westoy) Rice Milk (Rice Dream, YU or Rice Choice Original) Almond Milk Amasake (Cultured Rice Drink) Homemade Nut or Seed Milks Goat's Milk (some people are not sensitive to goat's)
Cheese	Soy Cheese (without Casein or Whey) Rice Cheese (without Casein or Whey) Goat's milk cheese (some people aren't sensitive) Almond or Brazil Nut Cheese Nutritional Yeast
Butter	Safflower Oil Olive Oil Flaxseed Oil Ghee (check label for "casein-free") Nut Butters such as cashew, tahini, etc
Ice Cream	Soy Delicious Rice Dream, Soy Dream Tofutti brand Fruit Sorbets Fresh or Frozen Fruit Smoothies Juice Popsicles
Yogurt	Soy Yogurt (Nancy's or Olympic brands) Goat's Milk Yogurt (some people aren't sensitive)
Mayonnaise	Tofu Mayonnaise (Nayonnaise) Tofu Sour Cream Tofutti "Better Than Cream Cheese"
Chocolate	Carob Non-dairy, pure dark chocolate