

village health clinic

naturopathic medical & midwifery care

Dairy-Free Diet

Achieving a dairy-free diet requires that all forms of cow's & goat's milk, including all products or foods made from them, be avoided. The following list outlines the majority of foods to be avoided for the duration of a dairy-free diet. Several of the items are available in nondairy forms such as soy, coconut, rice, hemp, and almond substitutes.

Whole milk Skim milk 1% or 2% milk Buttermilk Creams Coffee Mate Some nondairy creamers Dry milk powder Evaporated milk Chocolate milk Chocolate drink Malted milk Ovaltine Cocoa milk Nutella	Butter Most margarines Cheese Soy cheese (most contain the milk protein casein) Ice cream Yogurt Milk shakes Milk sherbets Whey Lactalbumin Casein Sodium caseinate Dry cereals containing milk powder, such as granolas	Baked goods*: Pancakes, Breads, Biscuits, Muffins, Cakes, Some crackers, Baking mixes, Some candy (especially creams and chocolate), Puddings Creamed or scalloped foods Foods prepared au gratin, with cheese sauces, or fondues White sauces	Some of the following foods: Gravies Luncheon meats Cold cuts Bologna Wieners Salami Sausage Meat loaf Meat patties <i>*If in doubt, look at the ingredients label to determine if milk or a related product is added.</i>
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Commercial Alternatives to Dairy Products

Soy, Coconut, Rice, Hemp & Almond Milks

Milk-like beverage made from soybeans, coconut, rice, hemp or almonds generally available in plain, vanilla, carob, and chocolate flavors. Most are fortified with an equal amount of calcium as dairy milk. Note: Some of these products can be very high in sugars. Look for low sugar content, or unsweetened.

Tofu

Derived from soybeans, tofu comes in a range of solid white blocks from soft to firm which can be crumbled and used as ricotta, whipped into sandwich spreads and desert creams, and used in innumerable other ways.

Soy, Coconut and Brown Rice based Ice Cream

Made from the milk-like beverages, available in various product lines and flavors.

#105-15153 Hwy. #10, Surrey, BC, V3S 9A5
T: 604.575.7275 F: 604.574.7290
www.villagehealthclinic.ca