

# Village Health Clinic

Naturopathic Medical & Midwifery Care

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## Dairy-Free Diet

Achieving a dairy-free diet requires that all forms of cow's milk and all milk products or foods made from them be avoided, including the following list of selected foods. Several of the following items are available in nondairy forms, such as soy, rice, and almond milk and other dairy substitutes.

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

## Commercial Alternatives to Dairy Products

### Soy, Rice & Almond Milks

A drink made from soybeans, rice, or almonds generally available in plain, vanilla, carob, and chocolate.

Note: some of these products can be very high in sugars.

### Goat's Milk

More easily digestible than cow's milk, but sometimes not tolerated well by people who have trouble with cow's milk.

### Tofu

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

### Soy and Brown Rice Based Ice Creams

Available in various product lines and flavors.