



Dairy Free Diet

The Basics: Foods to Avoid

Sneaky Stuff

Dairy is sometimes added to these foods/ingredients. Be on the lookout!

- Margarine
- Soups
- Salad dressing
- Baked products (i.e., breads, brownies, cookies, cakes, and muffins)
- Chewing gum
- Cold cuts (aka: deli meat)
- Crackers
- Cereals
- Infant cereals and baby foods
- “Non-dairy products”
- Processed and canned meats/fish
- Frozen and refrigerated soy products

Notes: A few things to keep in mind when avoiding dairy.

- Milk is a major food allergen. All manufactured food products that are regulated by the Food and Drug Administration (FDA) and contain milk as an ingredient must list the word “milk” on the product label.
- Be careful of sauces, especially white sauces because they often contain milk.
- Be careful of seasoning packets which may contain added milk.
- Read soup labels carefully, even if it isn't a cream-based soup it can contain milk.
- Be sure to check potato chip labels—seasonings on them can contain milk, i.e., “sour cream and onion”.
- When eating out make sure to order the food without any sources of dairy. For example, ask for the pizza to be made without cheese. Ask if vegetables or grains are precooked with butter. Have salad dressing on the side and ask if they contain milk before ordering. When in doubt go without!
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- Remember to check vitamin and medication labels for the presence of milk.

- All types of milk/dairy (including whole, reduced-fat, low-fat, fat-free, powdered, condensed, and evaporated)
- Butter, butter fat, butter solids
- Cheese (all forms) and cheese flavor
- Cream (heavy, light, sour, whipping, whipped)
- Half-and-half
- Custards
- Ghee
- Ice cream
- Pudding
- Yogurt
- Milk/Dairy ingredients:
 - Casein
 - Caseinates (all forms)
 - Curds
 - Hydrolysates (casein, milk protein, protein, whey, whey protein)
 - Lactalbumin, lactalbumin phosphate, lactoglobulin, lactoferrin
 - Milk derivative, milk powder, milk protein, milk solids, nonfat milk solids, nonfat dry milk
 - Rennet casein
 - Whey (all forms, such as cured whey, lactose-free whey, demineralized whey, sweet dairy whey, whey protein concentrate, whey powder, whey solids)

Homemade Ranch Dressing

- 1 1/2 cups of Just Mayo or Veganaise
- 2 tablespoons of apple cider vinegar
- 2 tsps dried parsley
- 1/2 tsp garlic powder
- 1/2 tsp pepper
- 1/2 cup of milk substitute

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Substitution (examples)

- **Butter:** Earth Balance®, I Can't Believe It's Not Butter!® It's Vegan
- **Cheese:** Vegan gourmet®, Field Roast® CHAO cheese, Follow Your Heart®, Go Veggie!® Vegan, Daiya, So Delicious, Violife, Miyokos
- **Milk substitutes:** So Delicious® coconut milk, rice milk, hemp milk (Tempt® or Pacific™), ripple milk, Good Karma™ Flaxmilk, soy milk, nut milks, banana milk. Avoid milk with too much sugar. Try to maintain 10g of sugar or below per serving. You can also reduce sugar intake by mixing 50/50.
- **Cream cheese:** Tofutti®, Miyokos (tart), Violife, kite hill®
- **Sour cream:** Tofutti®, Follow Your Heart®, Daiya
- **Mayonnaise:** Just Mayo®, Veganise
- **Yogurt:** So Delicious® coconut yogurt, Daiya Greek Yogurt Alternative, kite kill®, Chobani® Dairy Free, Forager® Chashewgurt
- **Ice cream:** So Delicious®, Ben and Jerry's® Dairy Free, Luna & Larry's Organic Coconut Bliss, Breyers® Dairy Free, Publix and Target brand Dairy Free.
 - 100% fruit popsicles
- **Dairy Free Bread:** Dave's Killer Bread® Organic, Sarah Lee® Whole Grain
- **Chocolate chips/granola bars:**, z bar kids (check label not all)
- **Boxed mac n cheese:** Daiya®, Annie's® Dairy Free, Banza® dairy free
- **Creamy dressing:** Vegan Gourmet®, Follow Your Heart®



Helpful Recipe Websites

- minimalistbaker.com
- ohsheglows.com
- vegnews.com
- onegreenplanet.org
- theppk.com