

Dairy-Free Diet

For Milk Protein Intolerance

So, you can't eat dairy anymore? That's ok! Most people think that cutting out dairy will be very difficult. No one wants to live without cheese!! With the dairy substitutes that are available today, cutting dairy out of your diet is easier than ever before. This guide is meant to help you through the transition.

What is dairy? Dairy is milk. Dairy is also cheese, yogurt, sour cream, ice cream, butter, cottage cheese, half and half, heavy cream, whipped cream, and many more things that are derived from milk and milk proteins. For most people, these products are a part of their everyday diet. Cutting out dairy means cutting out all of these things.

Here are some products and ingredients to avoid:

- Butter, buttermilk, butter fat
- Casein
- Cheese
- Cottage cheese
- Cream cheese
- Cream
- Curds
- Ghee
- Lactaid milk – Is lactose-free but **is not dairy-free.**
- Lactoglobulin
- Lactose
- Sour cream
- Yogurt
- Whey
- Rennet
- Recaldent
- Lactalbumin, lactalbumin phosphate
- Milk (milk derivative, milk protein, milk solids, malted milk, condensed milk, evaporated milk, dry milk, whole milk, low-fat milk, non-fat milk, skim milk, milk fat, milk salt)
- Caseinates (ammonium caseinate, calcium caseinate, magnesium caseinate, potassium caseinate, sodium caseinate)
- Hydrolysates (casein hydrolysate, milk protein hydrolysate, protein hydrolysate, whey hydrolysate)

Many of these ingredients can be found in other products. That is why it is always important to **CHECK THE INGREDIENTS**. Check them twice, check them three times. If a product contains any of those ingredients, it is not dairy-free. Always make sure to check the bottom of the label for “**may contain milk**” or “**may contain dairy**”. These products are usually processed on the same manufacturing equipment as products that contain dairy. This means there is a chance the

product has been exposed to dairy and is not dairy-free. This is also known as “cross-contamination” or “cross-contact”. To avoid this cross-contamination, make sure your food is prepared separately from food containing milk ingredients. Always make sure your food preparation surface is clean and free of milk residue, and always use clean utensils and cookware.

Let’s go over some foods to be cautious of. These foods do not necessarily always contain dairy, but there is a chance that they might and it’s important to use caution. **Here are some of them:**

- “Lactose-free” products – food may still contain dairy, just no lactose.
- Alcohol
- Artificial or “natural” flavoring
- Bread and breadcrumbs
- Canned meat or fish
- Chewing gum
- Chips and other snack foods
- Chocolate
- Condensed soup or bullion
- Crackers
- Frozen chicken nuggets or fish sticks
- Granola bars
- Gravy mix packets
- Instant potatoes
- Margarine
- Medications – Always check with the pharmacist or manufacturer.
- Processed meats or lunchmeat
- Protein bars and shakes
- Salad dressing
- Sherbet
- Spice blends or packets

These products are not guaranteed to contain dairy, but it is wise to always use caution and check the ingredients before consuming them.

There are things that are probably a part of your everyday diet that are dairy-free, here are some them:

- Fresh fruit
- Fresh vegetables
- Fresh meat and poultry
- Eggs
- Fresh fish
- Olive, avocado, coconut, canola, and other cooking oils
- Plain coffee and tea

There are a lot of delicious milk substitutes out there, here are some of them:

- Almond milk
- Oat milk

- Cashew milk
- Soy milk
- Rice milk
- Hemp milk
- Pea milk
- Macadamia nut milk
- Coconut milk

New dairy-free milk substitutes are constantly hitting the market, so keep your eyes open and experiment to find your favorites!

There are also dairy-free substitutes for other dairy products you may know and love. There are dairy-free substitutes for cheese, yogurt, butter, ice cream, cream cheese, sour cream, coffee creamer, heavy cream, protein powder, and more. There are definitely some bad substitutes on the market, but just because one is bad it doesn't mean that they all are. Here are some brands and products that other patients have recommended:

Products:

- Kite Hill Dairy-Free Cream Cheese
- Earth Balance Vegan Butter
- Ripple Nutrition Protein Shake
- Reddi Wip Non-Dairy Whipped Topping
- Miyoko's Cultured Vegan Cheese – Farmhouse Cheddar
- Follow Your Heart Vegan Ranch
- Follow Your Heart Dairy-Free Parmesan Cheese
- Silk Dairy-Free Heavy Whipping Cream Alternative
- Field Roast Vegan Chao Slices
- So Delicious Dairy-Free Coconut Milk Yogurt Alternative
- Oatly! Oat Milk
- So Delicious Wondermilk Frozen Dessert
- Ben & Jerry's Non-Dairy Frozen Dessert

Brands:

- Kite Hill
- Miyoko's
- So Delicious
- Daiya
- Almond Breeze
- Oatly!
- Nada Moo
- Enjoy Life

- Silk
- Califia Farms
- Field Roast
- Follow Your Heart
- Ripple
- Violife

There are many more products and brands than those listed above. New dairy-free substitutes are constantly being released so feel free to branch out and try new ones. They might not be the greatest, but this diet is all about experimenting to find good alternatives. A good way to check out a product before you buy it is to look at online reviews. If the product has bad online reviews, it is likely not very good and you might want to avoid it. That will save you money and the experience of having to taste something terrible!

Cooking your own food is always a good way to avoid dairy. Pinterest and google are great resources for finding dairy-free recipes. YouTube generally has a lot of dairy-free recipe videos as well. It can be helpful to watch YouTube recipes to visually see how the recipe is prepared. Always make sure to prepare and eat your food separately from dairy-containing products.

Be careful with vitamins and medications, many of them contain lactose, which always travels with milk protein, and is dairy. Over-the-counter medications and vitamins might list the ingredients on the bottle. Prescribed medications will not list the ingredients, so always make sure to check with the pharmacist or the manufacturer before use. Another resource for finding out if a medication is dairy-free is <https://dailymed.nlm.nih.gov/dailymed/>. This website allows you to check the ingredients of medications.

If you cannot find ingredients for products on the packaging or online, it's best to contact the company or manufacturer directly to make sure the product is dairy free.

Due to dietary restrictions, it is recommended that a multivitamin be taken when following this diet. Ensure that it's dairy free before use! Calcium intake is important. Most dairy-free substitutes contain recommended amounts of calcium and lots of vegetables do as well.

Recommended dietary allowances for calcium:

0-6 months: 400 mg/day

7-12 months: 600 mg/day

1-10 years: 800 mg/day
11-24 years: 1200 mg/day
25+ years: 800 mg/day
Pregnant: 1200 mg/day
Lactating: 1200 mg/day

Sources: Calcium is in broccoli (72 mg/cup), kale (94 mg/cup), and spinach (56 mg/cup). Many foods are calcium fortified, so check the label to determine how much is in each. Sunny-D Plus Calcium Drink has 250 mg/6 ounces. Total cereal has 200 mg/ounce. Other sources of calcium include Tums (200 mg/tablet), Rolaids (260 mg/tablet), Os-Cal (500 mg/tablet).

Certified vegan products will always be free of dairy.

Look out for this symbol:



Kosher parve or pareve products are free of milk. Look out for these symbols:



Only products labeled with “parve” or “pareve” are dairy-free. The kosher certification process is not always accurate, so always make sure to check the ingredients or contact the company.

Remember, lactose-free does NOT mean dairy-free.

With this guide, hopefully, you have a better grasp on the dairy-free world. Google is your friend.
Always check the ingredients!!!

Here are some helpful links:

<https://www.godairyfree.org/>

<https://vegan.org/>

<https://makeitdairyfree.com/>

<https://www.fda.gov/food/food-labeling-nutrition/food-allergies>

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