

Living Dairy Free

Dairy-Free Diet

Beginning to eat dairy-free can be a challenge, especially when many food products and supplements contain dairy or dairy by-products. ‘Dairy’ is defined as a group of consumable products from the milk of mammals.

Contamination with Dairy

Oh, labeling laws. Food products will not necessarily say that they have dairy in them. For example, a list including “caramel” indeed does have hidden dairy! In order to make label-reading less of a scratch-your-head mystery, the following is a list words that might appear on the label that indicate the product is ‘contaminated’ with dairy:

- | | | | |
|--|---|---|---|
| · Artificial butter
flavor | · Cottage cheese | · Lactalbumin | · Nougat |
| · Butter | · Cream | · Lactalbumin
phosphate | · Paneer |
| · Butter fat | · Curds | · Lactoglobulin | · Pudding |
| · Buttermilk | · Custard | · Lactose | · Rennet casein |
| · Butter oil | · Ghee | · Lactulose | · Sour cream |
| · Casein | · Goats milk | · Milk (condensed,
derivative, powder,
dry, evaporated,
low fat, malted,
non-fat, protein,
skim, solids,
whole) | · Sour cream solids |
| · Caseinates
(ammonia,
calcium,
magnesium,
potassium,
sodium) | · Half & half | · Milkfat | · Sour milk solids |
| · Cheese | · Hydrolysates
(casein, milk,
protein, protein,
whey, whey
protein) | | · Whey (in any
form including
delactosed,
demineralized,
protein
concentrate, sweet) |
| | · Kefir | | · Yogurt |
| | · Koumiss | | |

The following is a list of ingredients/products that may contain milk protein, best to avoid or read label very carefully:

- Chocolate*
- Flavorings (natural or artificial)
- High protein flour
- Hot dogs
- Luncheon meat
- Margarine
- Simplese
- Starter distillate
- Sausage

Avoid deli meats because the slicers frequently are used to cut both meat and cheese products. Some deli meats can also contain dairy products.

**Most clean and high-quality dark chocolate should not contain dairy, though you’d be surprised how many do! Always read the ingredient list to ensure there is no whey powder, milk, butter, etc.*

Dairy Free Options Type of Food	Foods Allowed	Foods to Avoid
Fruits	Fresh or dried fruit Frozen or canned fruit (without lactose) 100% Fruit Juice	Frozen or canned fruit with lactose Fruit Juices Fruit Drinks
Vegetables	Fresh or dried vegetables Pickled, canned, or frozen vegetables (without lactose) 100% Vegetable Juice	Pickled, canned, or frozen vegetables with lactose
Meat	Poultry, Fish, Lamb, Beef, Pork, Ham, and Veal	Meats prepared with milk or milk products Deli meats, Sausages, Hot dogs
Milk, Dairy Products and Substitutes	Almond, soy, rice, or coconut milk 100% lactose free milk	Whole milk, butter milk, reduced fat milk, light milk. Evaporated milk or Condensed milk Cream and Non – dairy creamers Yogurt and yogurt beverages, Serbet Sour cream Cottage cheese, Cheese
Grains	Breads or crackers made without milk, milk products, or whey Cooked or dried cereals prepared without milk or milk products.	Breads or crackers made with milk, milk products, or whey Cooked or dried cereals prepared with milk or milk products.
Eggs	Eggs Egg substitute	Eggs prepared with milk – ex. scrambled eggs, omelets, souffles
Potato and substitutes	Whole potatoes and sweet potatoes Egg noodles Rice dishes Plain pasta	Instant potatoes French fries Potatoes prepared with milk Fettuccini and Alfredo
Fats and Oils	Natural Peanut Butter Margarine made without milk / milk products Mayonnaise and salad dressing without milk or milk products Oils	Butter or margarine made with milk or milk products Mayonnaise and salad dressing containing milk or milk products.
Desserts	Fruit Cakes, cookies, pastries, pies and muffins made without milk or milk products Marshmallow Ice cream made with coconut milk	Ice cream or Ice milk Sherbet, sorbet, frozen yogurt Cakes, cookies, pastries, pies and muffins made with milk / milk products Custard and pudding
Beverages	Brewed coffee Instant coffee without milk Tea Carbonated beverages	Instant coffees with milk Cocoa, carbonated beverages, alcoholic beverages made with lactose
Condiments	Salt and pepper Pure spices and herbs Vinegars, Catsup, Mustard, Relish, Horseradish, Salsa	Spices made with monosodium glutamate extenders