



TRUE NATURAL  
HEALTHCARE™

## Dairy Free Diet

Dairy is defined as all milk, all cheeses, yogurt, butter, all creams, and other things with milk in them.

The following ingredients mean that milk is present in a product: milk, skim milk, cream evaporated milk, condensed milk, dried milk, butter, powdered milk, whey, lactose, caseinate, lactalbumin, cheese, curds, milk solids, yogurt, buttermilk, casein, lactate, sour cream, calcium caseinate.

### **Milk Is Usually Found In the Following Products**

- Baking powder biscuits, breads, pancakes, waffles, flour mixes
- Doughnuts, cakes, cookies, pie crusts, puddings, muffins, popovers, caramel, curds, custards, etc...
- Eggs--if scrambled in milk or omelets
- Chocolate (milk or dark); cocoa drinks, ovaltine, malted milk, milkshakes, ice cream
- Milk based salad dressings, creamed foods/soups/casseroles, chowders, cream sauces, scalloped dishes, alfredo sauce
- Fritters, buttered popcorn, gravies, mashed potatoes, battered items When inquiring about the presence of milk in a product ask--Is there any dairy product at all in this food?
- Milk: Regular, Vanilla, Chocolate flavors in types listed
  - UNSWEETENED Soy milks
  - Rice milk: Rice Dream is unsweetened; make sure you don't buy a sweetened one.
  - UNSWEETENED Almond Milk
  - UNSWEETENED Hemp Milk
  - Pacific Unsweetened Oat Milk
- Cheeses--Most alternative cheeses will have casein in them. They should be avoided if you are significantly allergic to it. However, there are some brands which state they are Casein-Free. They are okay to use.
- Soy yogurt--Watch these as they may be very sweetened, especially the fruited ones. Wildwood unsweetened soy yogurt.
- Ice Cream--Rice Dream Ice Cream—unsweetened innately, Soy Ice Cream—sweetened.
- Butter--DO NOT USE ANY KIND OF MARGARINE! Use only Earth Balance spread. You can also what the Italians do and spread olive oil on your bread.

Many people who cannot handle cow's milk can eat goat or sheep milk products such as goat milk, goat/sheep cheese, goat yogurt. We can experiment with this if you desire after the first month of total dairy avoidance.

**Available At Whole Foods, Trader Joes, Health Food Stores and Supermarkets, etc.**

**<http://nomilkmall.com/>**

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