

DAIRY FREE DIET

Diet Characteristics

All forms of milk and milk derivatives are omitted.

Foods to Avoid:

Milk – all forms: buttermilk; evaporated; powdered; fresh whole or skim; malted; yogurt

Beverages – chocolate; cocoa; Cocomalt; Ovaltine

Bread and rolls – any made with milk (most breads contain milk); bread mixes; griddle cakes; soda crackers; waffles; zwieback

Cereals – some dry (read labels)

Cheese – all kinds; cheese dips and spreads; cottage cheese

Desserts – cakes; cookies; custard; doughnuts; ice cream; mixes of all types; pie crust made with butter; pies with cream fillings such as chocolate, coconut, cream, custard, lemon, pumpkin; puddings with milk, sherbets; non-dairy creamers

Fats – whipping and sour cream; butter; whipped toppings*

Meats – frankfurters; luncheon meats; meat loaf (unless 100 percent meat)

Gravies and sauces – any made with butter, milk, or cream

Soups – bisques; chowders; cream

Sweets – caramels; chocolate; candy

Vegetables – au-gratin; mashed potatoes seasoned with butter or margarine; scalloped; with cream sauces

*Check labels, some may be dairy-free.

Keywords to Look For on Labels

Milk, whey or whey solids, dried milk solids (DMS), non-fat dry milk or milk solids (NFDM), casein, casein hydrolysate, caseinate (including sodium or potassium caseinate), butter, margarine, cheese, cheese food, curds, lactose, lactalbumin, cream, sweetened condensed milk, lactate solids

Hints for Success with Milk-Free Recipes

Milk is used in many baked products because of its flavor and nutritive value. Water or other liquids can be substituted in many bread, cake and cookie recipes with little change in quality other than a somewhat more coarse texture and less brown crust.

Puddings and sauces can be made with soybean milks or formulas. Such mixtures need only be cooked to a simmering temperature to thicken. Boiling may cause the pudding or sauce to separate. Soybean milks can also be used for cow's milk in baked products but will give the product somewhat of a nutty flavor. Other non-dairy milks can also be substituted, such as rice, oat, almond, or hemp.