



## Dairy-Free Guide

Always read advisory labels before consumption

Attention should be given to labels while purchasing food products. Labels such as "contains milk ingredients", "made with milk ingredients", or "processed in a facility that also processes milk products" should be avoided.

### **Common dairy foods:**

Milk

Cheese

Cream Cheese

Sour Cream

Ice Cream

Yogurt

Kefir

Cream

Half and Half

Butter

Cottage Cheese

Creamy soups

### **Other Dairy substitutes:**

Vegan Cheese

Vegan Butter

Ghee

Coconut milk/almond milk/rice milk yogurt

Daiya yogurt/cheese



## Alternatives to cow's milk:

### Nut Milks (Almond and Cashew)

- Available in larger supermarkets and natural food stores
- Made from ground up almonds or cashews
- Unsweetened varieties are lower in carbohydrate than cow's milk
- Most are gluten-free

### Coconut Milk

- Available in natural food stores and some larger supermarkets
- High in medium chain fats (MCTs)
- Unsweetened varieties are lower in carbohydrates than cow's milk
- Excellent rich texture, which resembles whole cow's milk
- Good for those allergic to soy or nuts
- Most are gluten-free

### Hemp Milk

- Available in natural food store
- Good for those allergic to soy or nuts
- Most are gluten-free

### Soy Milk

- Available in most supermarkets and natural stores
- Highest protein of all the nondairy products
- Most are gluten-free
- Choose non-GMO soy milk

### Rice

- Available in most supermarkets
- Good for those with allergies to soy or nuts
- Easy to digest
- Low in protein and high in carbohydrates
- Most are gluten-free

### Oat Milk

- Available in some natural food stores
- Good for those with allergies to soy or nuts
- Low in protein and high in carbohydrates
- Contains soluble fiber (2 grams per 8 ounce serving)
- May contain traces of gluten

**CALCIUM ALERT:** Milk alternative beverages do not naturally contain calcium. If you are using these beverages as a milk substitute, look for calcium-fortified beverages (25% to 30% Daily Value) and added vitamin D (25% to 30% Daily Value).

### Reference to Cow's milk dairy:

The Vibrant Dairy Zoomer is specifically for cow's milk dairy. Other animal milk sources such as goat, sheep, camel, etc may or may not be appropriate. Discuss with your healthcare provider/dietitian.

