Patient Handouts

Avoiding Dairy

Milk Products

- → Acidophilus milk
- Butter (or anything that has butter on the label)
- → Buttermilk & buttermilk powder
- Cheese (or anything that has cheese on the label)
- → Condensed milk regular and sweetened
- → Cream
- → Cultured milk
- → Curds
- → Custard
- → Dry milk powder
- → Dry milk solids
- → Evaporated milk
- → Ghee
- → Goat cheese
- → Goat milk
- → Half & half
- → Kefir
- → Milk (or anything that has milk on the label)
- → Natural butter flavor
- → Nougat
- → Paneer
- → Quark
- → Sheep milk
- → Sheep milk cheese
- → Sour cream
- → Whipped cream
- → Whipped topping

Milk Derivatives

- → Casein
- → Caseinate
- → Diacetyl
- → Hydrolysates
- → Lactalbumin
- → Lactoferrin
- → Lactose
- → Lactulose
- → Recaldent→ Sour milk solids
- → Whey (including whey protein powder)

*Speak to your health care practitioner to see if ALL dairy products should be avoided. For example - some individuals, goat cheese is better tolerated.

Ingredients Likely to Contain Dairy

- → Artificial butter flavor
- → Caramel flavoring
- → Galactose
- → Hydrolyzed vegetable protein
- → Lactic acid starter culture
- → Lactobacillus
- → Luncheon meats, hot dogs, salami, sausages
- → Margarine
- → Probiotics supplements
- Rice and soy cheese substitutes (often contain caseinate)

Suggested Dairy Alternatives

- → Non-dairy milks such as rice, soy, and almond
- → Coconut milk

MOTES

- → Non-dairy yogurts
- → Nutritional yeast (sprinkle on food like Parmesan)
- → Daiya non-dairy cheese Margarine

NOTES			

Integrative