

Dairy-Free Guide

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 Found In the Following Products

1. Baking powder biscuits, breads, pancakes, waffles, flour mixes
2. Doughnuts, cakes, cookies, pie crusts, puddings, muffins, popovers, caramel, curds, custards, etc...
3. Eggs--if scrambled in milk or omelets or in soufflés
4. Chocolate (milk or dark); cocoa drinks, Ovaltine, malted milk, milkshakes, ice cream, sherbet, ice milk, gelato, yogurt, frozen yogurt, whey products, candies (except hard)
5. Milk based salad dressings, creamed foods/soups/casseroles, chowders, cream sauces, gravy, scalloped dishes, Alfredo sauce, au gratin foods
6. Fritters, buttered popcorn, gravies, mashed potatoes, battered items
7. Cheese (nearly every kind)

When inquiring about the presence of milk in a product ask--Is there any dairy product at all in this food?

Milk Alternatives

- The following are available at Whole Foods, Trader Joes, Gentle Strength, Wild Oats, Health Food Stores and some supermarkets.
 - Lactose Free is not Casein or dairy free.
1. Milk
 - a. Soymilks: Unsweetened soymilk is the only option—regular soymilks are very sweetened. Look for UNSWEETENED on the front and for the ingredients to only include soybeans and water.
 - b. Rice milk: Rice Dream is my favorite; there are other brand names, too.
 - c. Oat milk
 - d. Alternative milks come in liquids or powders (Better Than Milk; Rice Moo).
 2. Cheeses--Most cheeses will have casein in them. They should be avoided if you are significantly allergic to it. However, there are now some brands, like Veganella, that are casein-free. READ LABELS!
 - a. Soy cheeses: Tofurella, for example.
 - b. Almondrella
 - c. Rice Cheese
 - d. Veganrella—Does not have casein but not very tasty.
 - e. Hemprella
 3. Soy or Rice Cream Cheese
 4. Soy sour cream
 5. Soy yogurt-Watch these as they may be very sweetened, especially the fruited ones.
 6. Ice Cream
 - a. Rice Dream Ice Cream—unsweetened innately.
 - b. Soya Bean Ice Cream—sweetened.
 7. Many people who cannot handle cow's milk can eat goat or sheep milk products such as goat milk, goat/sheep cheese, and goat yogurt. Experiment with this if you desire after the first month of total dairy avoidance. If you are casein sensitive, this is not an option