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MILK AND DAIRY-FREE DIET

Anyone who is told to stop eating milk and milk products immediately thinks that they will have a very restricted diet, which is untrue, and we therefore start this diet sheet with a list of foods that **can be eaten:**

ALL FORMS OF MEAT AND POULTRY

ALL VEGETABLES

ALL FRUITS

ALL RICE AND PULSES

ALL FISH

SOME GRAINS (Check pack on cereals)

As you can see from the above list an extremely adequate, varied and healthy diet is possible whilst on a milk free diet. The easiest way to deal with any exclusion diet is to cook meals from raw ingredients, then you have total control. Try to avoid ready meals or be prepared to scrutinise the ingredients.

Some patients worry about the loss of calcium (particularly in children) but there are plenty of sources apart from dairy. Calcium is added to flour in all but wholemeal bread and is in tap water in hard water areas. Fresh and dried fruit and green vegetables (watercress, cabbage, spinach, kale, spring greens, broccoli and parsley) are all valuable sources of calcium, so patients on a dairy-free diet should increase their consumption of these.

More importantly, milk and seafood are the only source in the diet of iodine, so fish or seafood should be consumed at least twice a week.

Below is a list of foods that should be eliminated from the diet with alternative suggestions

Those sensitive to milk and milk products should AVOID:

Milk: Cow's
Goat's
Sheep's
Condensed, Dried
Evaporated and Powdered (including CoffeeMate etc.)

AVOID:

Butter
Cream
Cheese (including dishes with cooked cheese e.g. pizza)
Whey, Lactose. Caseinates
Batter - made with milk
Biscuits (some)
Some breakfast cereals
Milk Chocolate
Some Cakes
Custards
Dairy Ice Cream
Foods fried in butter
Creamed sauces
Soups with milk and creamed soups

SUGGESTED ALTERNATIVES:

For Milk: Dairy -Free Creamer (check label)
Coconut milk
Oat milk (Oatly Milk from Waitrose and health shops)
Soya Milk (some brand's better than others - try Tesco's)
Unisoy Gold with Calcium
Soya Cream
Potato Milk (www.darifree.co.uk 01980 200365)
Rice Milk ('Rice Dream')

For Butter and Margarine:
Granose, Tomor, Vitaseig, Pure Sunflower Margarine
Soya Margarine (most), Virgin Olive Oil

For Cheese and Yoghurt:
Soya Cottage Cheese
'Parmezan' (made from soya)
Soya yoghurt
Soya and rice creams
Tofu and soya ice-cream (Berrydales)
'Swedish Glace' Ice-cream (Asda, Waitrose, Holland & Barrett)

For Chocolate:

Plain Chocolate
Milk Free Carob

For Biscuits:

“Economy” biscuits (own brand)
Boots Animal Fat free biscuits
Macaroons

This is by no means a comprehensive list of what is available, but gives some indication of the alternatives, and new products are being developed all the time (let us know if you find a particularly good one that we have not mentioned).

Please don't despair - look on it as a challenge. As said at the beginning the easiest and most reliable milk free diet is one which you create for yourself.

GOOD LUCK !