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Dairy free diet

Eliminate all sources of milk products (cheese, yoghurt, butter, milk chocolate, some margarines, many processed foods, custard, malted drinks, ice-cream, sausages, thick soups, sauces etc).

Attention! Milk products can be also present as hidden ingredients such as:

- Lactose, caseinates, milk protein, lactoalbumen, whey and milk powder. (Read labels to check).

Alternatives to dairy milk are:

- Rice milk with added calcium
- Oat milk, e.g. Oatley
- Almond milk
- Soya milk, e.g. Provamel organic

Goat's milk and sheep's milk products can be fine. Try them out and see how you respond to them.

Alternatives to yoghurt:

- Soya yoghurt (e.g. Yofu) in many natural flavours
- Soya/dairy free rice cheese slices, tofu (available from Evergreen)
- Goat's yogurt.

Good sources of calcium/magnesium are:

- Nuts and nut spreads: cashew, hazelnut, almond, tahini
- Green leafy vegetables: broccoli, spinach, cabbage, lettuce, nettles, parsley, watercress, dandelion & kelp.
- Sprouts, especially alfalfa. Try sprouting some of your pulses/lentils before cooking them. These are excellent in stir fry dishes or raw in salads.
- Lentils & pulses (avoid kidney beans).

Treats:

- Swedish glace is a tasty dairy free ice cream available from health food shops.
- Green & Black's organic plain chocolate and After Eight mints are also dairy free.