



# Dairy-Free Diet

Cow's milk contains many components including proteins such as casein and whey, sugars such as lactose, hormones such as prolactin, oestrogens, progesterone, androgens and insulin-like growth factor-1 (IGF-1). Any one of these components can be problematic or cause no issues, depending on the person. Whilst many people enjoy cow's milk and its products as part of a healthy diet, there are many who experience negative health effects and therefore avoid dairy products. Some of the conditions which may be exacerbated by dairy ingestion include gastrointestinal conditions such as irritable bowel syndrome (IBS), eosinophilic oesophagitis, lactose intolerance, inflammatory bowel disease (IBD), acne, autism spectrum disorders (ASDs), autoimmune disease, polycystic ovarian syndrome (PCOS) and nephrotic syndrome. For some conditions avoidance of dairy is recommended long-term, whereas for others, small amounts of dairy may be reintroduced back into the diet once healing has occurred. Talk to your practitioner about the inclusion of dairy in the long-term management of your condition.

Many people are concerned about the impact of dairy avoidance on calcium intake and bone health. Research indicates that bone health is complex and depends on many factors, of which calcium intake is only one. An alkaline diet, adequate but not excessive protein intake, vitamin D status and other co-factors are also important for maintaining bone health. Furthermore, researchers have found no reduced risk of osteoporosis, falls or hip fractures with increased dairy intake. Many non-dairy foods contain high levels of calcium and can be consumed regularly to negate any reduced calcium intake from a dairy-free diet. See Table 1 below for a list of high-calcium, non-dairy foods.

**Choose from the following non-dairy, high-calcium foods to ensure adequate intake:**

**Table 1: Calcium content of non-dairy foods**

FOOD	CALCIUM CONTENT/100G	FOOD	CALCIUM CONTENT/100G
Poppy seeds	1438 mg	Seaweed	310 mg
Sardines	725 mg	Linseed/flaxseed	255 mg
Chia seeds	631 mg	Basil	230 mg
Prawns	583 mg	Almonds	220 mg
Tahini	330 mg	Parsley	200 mg
Tofu	320 mg	Figs, dried	200 mg

**The recommended daily intake (RDI) for calcium varies depending on your age group and gender as can be seen in Table 2 below:**

**Table 2: RDIs for calcium intake**

AGE GROUP	RDI
1-3 years	500 mg
4-8 years	700 mg
9-11 years	1000 mg
Adolescents 12-18 years	1300 mg
Males < 70 years	1000 mg
Males > 70 years	1300 mg
Females < 50 years	1000 mg
Females >50 years	1300 mg

## PATIENT INFORMATION TOOL

### Dairy-free diet food list

	DO EAT ME	DON'T EAT ME
Flours/grains	All	
Legumes	All	
Vegetables	All	
Fruit	All	
Nuts/seeds	All; enjoy nut milks and nut cheeses	
Animal foods	All except dairy foods. Enjoy dairy alternatives such as nut or oat milks. Non-dairy cheeses and yoghurts are also available at the supermarket or can be made at home. Talk to your practitioner about the inclusion of non-dairy yoghurts, milks and cheeses such as goat or sheep milk varieties	Dairy foods – milk, cream, ice-cream, cheese, yoghurt, butter, buttermilk, sour cream and foods containing dairy additives
Miscellaneous		Read the labels on your food packaging as many processed foods contain dairy components such as milk solids or dairy proteins - avoid these

### Example menu for dairy-free diet

BREAKFAST	LUNCH	DINNER	SNACK	DRINK
Porridge with berries, chia seeds, honey and almond milk	Garden salad with salmon and salsa verde	Vegetable-loaded pesto pasta	Hummus and carrot sticks	Mineral water
Tofu scramble with spices and vegetables	Omelette and salad with tahini dressing	Zucchini noodles with cashew alfredo sauce	Figs and handful of Brazil nuts	Homemade vegetable juice
Wilted kale and poached eggs	Sardines on a bed of garden greens	Vegetarian pizza with macadamia cheese	Cashew cheese on rice crackers	Chai tea with almond or soy milk

**PLEASE NOTE:** This dietary plan is intended as a temporary solution and is to be used in combination with the Gastrointestinal Restoration Protocol.