




# Dairy Free Alternatives

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There are plenty of dairy-free options available at all supermarkets and specialty stores.

Please use this list as a guide to swapping your current dairy items that comes from cows milk..

Always read the label on every product and look for '**Dairy Free**' and '**DF**' on the packaging.

Some items may also contain gluten, so, if you are gluten-free also check the label and allergen section of the food.

Should you choose to consume other sources of dairy from sheep, goats or buffalo milks, you can do so. However if you have a diagnosed lactose intolerance, you may need to avoid these or alternatively take a supplement called lactase enzyme when consuming these foods.

## Ingredients To Be Aware Of

Cow's milk proteins, casein and whey, can be found in a range of ingredients and food products. Here's a list of ingredients that often contain cow's milk proteins. If you have a cow's milk protein allergy or intolerance, it's important to read food labels carefully and look out for these ingredients:

- |   |   |
|---|---|
| 1. Milk (including whole, low-fat, non-fat, skimmed, milk powder, milk protein) | 13. Hydrolyzed casein   |
| 2. Cream  | 14. Whey (in all forms including sweet, de-lactosed, protein concentrate) |
| 3. Half-and-half  | 15. Lactose   |
| 4. Evaporated milk  | 16. Lactulose   |
| 5. Condensed milk   | 17. Lactoferrin   |
| 6. Milk, milk solids or milk powder   | 18. Lactalbumin   |
| 7. Cheese   | 19. Lactoglobulin   |
| 8. Yogurt   | 20. Rennet casein   |
| 9. Butter   |   |
| 10. Ghee  |   |
| 11. Ice cream   |   |
| 12. Casein or caseinates  |   |

Additionally, these proteins can also be found in some less obvious products like margarine, chocolate, caramel, non-dairy creamers, and certain processed foods. Some medicines and vitamins can also contain milk proteins or lactose.

Dairy ingredients may also be present in foods under less obvious names such as "natural flavouring" or "seasoning". If in doubt, it's always a good idea to contact the manufacturer to clarify.

Remember, "non-dairy" is not the same as "dairy-free". "Non-dairy" simply means the product is lactose-free, but it may still contain other milk-derived ingredients. Always look for "dairy-free" labeling if you are trying to avoid all cow's milk proteins.

When choosing dairy-free milk alternatives, always read the label as some may contain oats or barley (gluten).

Choose varieties that are fortified with calcium (at least 300mg per serve) and vitamins. Oat milk varieties also contain gluten so please avoid these if you are gluten-free. Always choose 'unsweetened' milk as these will not have added sugars.

Dairy Free Milks



Sheep, Goats and Buffalo Products



Sheep milk feta

goat milk feta

Foodworks

IGA



Aldi

Woollies

IGA

When searching for feta, make sure you read the ingredients list. You want to look for 100% sheep or goats milk.

Avoid Greek Style or Persian Feta's as they are made from cow's milk.

## Cheese



When choosing DF butter, please be mindful that some of these contain coconut oil and therefore can be high in saturated and total fats. I recommend having half the standard serving size or 1 teaspoon to reduce your intake of saturated fats.

## Coconut Yoghurt

Consume in moderation



## Butter





## Creams, Dressings & Mayo



## Ice Cream & Sweets



**Lindt Chocolate:** not all will be dairy free except for the following:

