



# THE DAIRY-FREE START-UP SHOPPING GUIDE

Excerpted from "The Guide to a Dairy-Free Diet" book

## **Always Read Labels**

Do *not* purchase foods that contain any form of the words butter, milk, or casein. Also avoid items with cream or whey in them. Be wary of baby food, baked goods, breaded items, candy, caramel color/flavor, cosmetics, dressings, spreads, medications, supplements, non-dairy substitutes, processed meats, puddings, custards, sauces, soy and rice cheese, and sherbets.

## **Lactose-Free Does *Not* Mean Dairy-Free**

Just because a product is lactose-free does *not* mean it is free of dairy items such as casein or whey. Only purchase items that say they are dairy-free.

## **Be Wary Of Cross Contamination**

Keep all dairy-free foods separate from those that are not. Be careful how dairy-free foods are prepared, whether you do it yourself or purchase it somewhere else where cross-contamination is possible.

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### **Foods You Can Eat**

*Plain* meats, poultry, fish, eggs, grains, legumes, nuts and seeds, *plain* fruits and veggies, and usually anything labeled dairy-free. If you do not know whether the places you are going will have foods that you can eat, make sure to have a handy bag or cooler filled with snacks to take with you.

### **Some Chocolates May Be Consumed**

Many chocolates have dairy added or are made in a facility where dairy is used and can be cross-contaminated. Buy only dairy-free chocolates and chocolate chips.

### **Acceptable Dairy Substitutes**

The following are some items you can use to substitute for dairy. We suggest you avoid soy milks or soy alternatives for dairy.

- Milks from almond, coconut, hazelnut, hemp, oat, and rice (preferably homemade)
- Yogurts and ice creams made with rice or coconut milk
- Cheeses made with nuts or rice as long as they are whey and casein-free
- Ghee as long as it is casein-free
- Coconut milk powder if it is dairy-free

**For more information about eating Dairy-Free please see:**

***The Guide to a Dairy-Free Diet*, by David Brownstein, MD and Sheryl Shenefelt, CN**

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