

The Art of Balanced Health

Dairy-Free Guide

Dairy is defined as all milk, all cheeses, yogurt, butter, all creams, and other things containing milk, whey or casein.

The following ingredients mean that dairy is present in a product: milk, skim milk, cream evaporated milk, condensed milk, dried milk, butter, powdered milk, whey, lactose, casein, caseinate, lactalbumin, cheese, curds, milk solids, yogurt, buttermilk, lactate, sour cream, calcium caseinate.

Milk Is Usually Found In the Following Products

- Baking powder biscuits, breads, pancakes, waffles, flour mixes
- Doughnuts, cakes, cookies, pie crusts, puddings, muffins, popovers, caramel, curds, custards, etc...
- Eggs--if scrambled in milk or omelets
- Chocolate (milk or dark); cocoa drinks, ovaltine, malted milk, milkshakes, ice cream
- Milk based salad dressings, creamed foods/soups/casseroles, chowders, cream sauces, scalloped dishes, Alf redo sauce
- Fritters, buttered popcorn, gravies, mashed potatoes, battered items

When inquiring about the presence of milk in a product ask: "Is there any dairy product at all in this food?"

Alternatives:

- Milks – usually available in liquids and some in powders.
 - Soy milks: Unsweetened soy milk is the only option—regular soy milks are very sweetened. Look for UNSWEETENED on the front and the ingredients to only contain soybeans and water.
 - Rice milk: Rice Dream, plain, not vanilla
 - Soy and Rice mixtures
 - Almond Milk
 - Oat Milk
 - Hemp Milk (Manitoba Harvest - <http://www.manitobaharvest.com>)
 - DariFree (Vance's Foods - <http://www.vancesfoods.com/darifree.htm>)
 - Coconut Milk (Turtle Mountain - <http://www.turtlemountain.com>)
- Cheeses – Most cheeses have casein in them. They should be avoided if you are significantly allergic to it. However, there are now some brands, like Veganrella, that are casein-free. READ LABELS!
 - Soy cheese
 - Almond cheese
 - Rice cheese
 - Veganrella
 - Hemp cheese
- Ice Cream
 - Rice Dream Ice Cream — unsweetened
 - Soya Bean Ice Cream
 - Coconut milk based (Turtle Mountain - <http://www.turtlemountain.com>)

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12413 Adventure Dr. ♦ Riverview, FL 33579 ♦ 813-919-5211

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- Miscellaneous
 - Soy or Rice cream cheese
 - Soy sour cream
 - Soy yogurt – Watch these as they may be very sweetened, especially the fruited ones.
 - Coconut milk yogurt
 - Butter – NO MARGARINE!
 - Earth Balance spread
 - Smart Balance spread – has some whey
 - Other options for spreads on bread: olive oil, flax oil, coconut oil, nut butters

Additional Resources

- www.godairyfree.org/Table/Dairy-Substitutes
- www.pccnaturalmarkets.com/health/Food_Guide/Dairy_Substitutes.htm
- www.gatewest.net/~medalion/NewFiles/darifee.html
- www.galaxyfoods.com
- www.bryannaclarkgrogan.com/page/page/628710.htm#8842
- www.kidsallergystop.com/soyfree.html

Non-Dairy Sources of Calcium

Serving size = 8 oz. (1 cup)

Vegetables		Grains	
Bok choy, cooked	330 mg	Tapioca, dried	300 mg
Bean sprouts	320 mg	Brown rice, cooked	20 mg
Spinach, cooked	250 mg	Quinoa, cooked	80 mg
Collard greens, cooked	260 mg	Corn meal, whole grain	50 mg
Mustard greens, cooked	450 mg	Rye flour, dark	40 mg
Turnip greens, cooked	450 mg	Rye flour, light	20 mg
Nuts		Beans	
Almonds	660 mg	Garbanzo beans, cooked	340 mg
Chestnuts	600 mg	Soybeans, cooked	450 mg
Filberts	450 mg	Tofu	400 mg
Walnuts	280 mg	Misc.	
Sesame seeds	900 mg	blackstrap molasses (1 tbsp)	130 mg
Sunflower seeds	260 mg	carob flour (2 oz.)	110 mg
Nut Butters		dried figs (3 oz.)	100 mg
Almond	270 mg	dried apricots (3 oz.)	80 mg
Filbert	195 mg	Nut Milks	
Sesame	426 mg	Sesame butter (100 gm) + 2 Tbsp molasses + water = 400 mg	
Sunflower	120 mg	Almond (100 gm) + honey + water = 300 mg	
Peanut	40 mg	Filbert + maple syrup + water = 200 mg	
Fish			
Raw oysters	300 mg		
Salmon with bones	490 mg		
Mackerel, canned with bones	680 mg		
Sardines, canned with bones	1000 mg		

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How to maximize your calcium uptake and utilization:

- Eat fresh foods
- Add some vinegar or lemon juice to water cooking bones or beans
- Sunshine or Vitamin D supplements are helpful
- Exercise builds bones

RDA's

Children (1-10)	800 mg
Children (11-18)	1,000 mg
Men & Women (18 +)	800 mg
Pregnant, lactating & postmenopausal women	1,200 mg

sources:

FOOD VALUES, Harper & Row, Publishers, 1985; Sally Rockwell, Nutritionist, J. Mark Tillotson, N.D. '1990

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