



Eating Well – Dairy Free

What is Dairy?

Other than lactose, which is often implicated in food intolerance, dairy products (cows', sheep and goats' milk products) also contain a protein called casein. In some instances casein can contribute to food intolerance symptoms. Dairy products are high in arachadonic acid - a pro-inflammatory fatty acid.

If you have been advised to reduce or cease your dairy intake by your practitioner, the following information is intended to guide you. Please speak to your practitioner regarding maintaining a balanced diet that is especially rich in calcium.

Which foods contain casein?

Milk, cream, yoghurt, sour cream, cheese, butter, sherbet, white or milk chocolate, ice cream, custard, whey (all from either cows' sheep or goat sources)

Which other foods may contain casein?

Margarine, tin tuna fish, gnocchi, pizza, instant drinks, white sauces, breakfast cereals, pies, sausage rolls, pasties, cakes, biscuits, muffins, pastries, bread, breadcrumbs, pitta breads, naan, bread, wraps, chapatti, flavoured chips, nachos, ready-made frozen meals, stock cubes, many ready- made vegetarian dishes, fresh soups, can sauces and soups, processed meats.

What's in a Label?

Reading labels is very important. The key to successfully eliminating dairy is to become an expert label reader. Developing an awareness of what the ingredients are is also very useful.

'Lactose free' does not mean dairy free. Lactose may be a problem for you, but if your practitioner has suggested a dairy free diet then you will need to look at alternatives to dairy – see the table below to ensure they are casein free.

Recheck your labels each time you purchase a product, as a manufacturer can change the ingredients of a product at any time. Always read labels and if in doubt it is better to go without.

How would you know if you had intolerance to Dairy?

The best way is to speak to your practitioner. There could be many symptoms attributed to a dairy intolerance. We see symptoms like loose bowels, constipation, nausea, regular ear infections, colds, constant mucous production, sore throats, gas, bloating and skin conditions such as eczema that are sometimes related to dairy intolerance. Your practitioner will advise you if your specific symptoms are connected to a possible issue with dairy.



Can I get enough calcium in my diet if I don't eat Dairy?

Yes you can and this is important to ensure good bone health. Ensure your diet has a variety of the dairy free, high calcium foods (see table below). Your practitioner may also recommend supplementation during the time you are Dairy free. It is always important to take Calcium with Magnesium.

What are some healthy alternatives to the most common dairy products in my life?

Dairy food	Non Dairy Alternative
Milk	Rice (higher sugar), almond, quinoa, coconut, cashew milks
Cheese	There are some dairy free packaged cheeses available. Be sure to check the label for preservatives. A reasonable substitute can be made using any of the following: Cashews, macadamias, sunflower seeds, tofu.
Ice cream	Sorbet- again higher sugar than ice cream.
Butter	Ghee, coconut butter. Check with your practitioner if butter is ok for you. Avoid margarines.
Chocolate	Most Dark Chocolate (check the label). Lindt 70% cocoa and higher. MooFree and Sweet William – dairy free brands

What are some Good Sources of Calcium if I don't eat Dairy?

Fish with bones	Salmon, sardines, cod, haddock, prawns, anchovy
Vegetables	Broccoli, cabbage, carrots, onions, watercress, parsley, turnip greens
Fruits	Apricots, figs, molasses
Grains & Seeds	Sesame seeds, oats, buckwheat, brown rice
Miscellaneous	Eggs, Almonds



Need some inspiration?

Check out these websites for a variety of dairy free recipes

www.nomnompaleo.com

www.veggienumnum.com

www.elanaspantry.com

www.allysonkramer.com

www.kblog.lunchboxbunch.com

www.ohsheglows.com

Top Tips

- Search for recipes that are 'vegan' or 'paleo'. These will be dairy free
- Focus on what you can eat, rather than what you can't eat.
- Consider making your own milk, butter, cream and ice cream from nuts and/or seeds.
- Always seek advice from your practitioner