

Food Elimination: Dairy



To eliminate dairy from your diet, be sure to consider obvious sources (e.g. milk) as well as hidden, common sources where you will need to read food labels. **The following is a list of things to avoid completely:**

- Milk, Cream, Half-and-Half (includes even a little bit in tea or coffee) Butter
- Yogurt or Kefir Sour Cream
- Creamy salad dressings (e.g. blue cheese, ranch, thousand island) and many other containing cheese
 - Use vinaigrette (e.g. oil and vinegar) alternatives
- Creamy sauces (that a restaurant may put on fish, chicken, steak, or other foods) Ask for just olive oil and lemon on things like chicken or fish.
- Creamy soups or chowders
 - Focus instead on broth-based ones that don't include cheese of any kind.
 - If you're uncertain at a restaurant, *ask* if it's dairy-free or not.

- Cottage cheese and cream cheese
- Most muffins, scones, cookies, cake
- Definitely Puddings, Custard and related desserts (crème brulee, key lime and lemon meringue pie)
- Nougat (in most candy bars)
- Ice cream
- All cheeses (includes those from cow or goat milk).

❖ Be mindful of where cheese may lurk in common American dishes (e.g. pizza, lasagna, spaghetti, tacos, chips, meatballs)

❖ Restaurant dishes or processed foods that might surprise you (e.g. meatloaf, scrambled eggs, sauces, soups, hot dogs, doughnuts, pastries, pancakes, mashed potatoes, chocolate)

Though commonly confused with dairy foods, the following are fine to eat for dairy

elimination: Eggs and all egg derivatives, Ghee (clarified and filtered butter), Cocoa Butter/Powder, coconut foods including 'cream of coconut', cream of tartar, malt liquor, malt vinegar, malted barley, shea butter, all nut butters, and some calcium additives (Calcium Propionate, Carbonate, Citrate, or Phosphate).

In general, avoid any processed food ingredient that includes the words milk, butter, whey, casein, or lacto- in any way. Many foods use preservatives or additives for texture that include dairy. This means you will need to avoid most baked goods unless they are specifically labeled dairy-free. To help you be diligent in your elimination, here are some particular ingredients to be sure to avoid:

Ammonium Caseinate	Potassium Cassinate	Lactoferrin
Calcium Caseinate	Recaldent	Lactoglobulin
Casein Caseinate (in general)	Rennet Casein	Lactose
Curds	Sodium Caseinate	
Delactosed Whey	Whey (powder, protein hydrosylate, protein concentrate)	
Demineralized Whey	Zinc Caseinate	
Goat Milk	Lactuclose	
Hydrolyzed Casein	Magnesium Caseinate	
Hydrolyzed Milk Protein	Malted milk	
Iron Caseinate	Lactalbumin	

When removing dairy foods, also **be sure to include non-dairy calcium sources** in the diet to compensate. Some common calcium-rich foods include: **calcium foods:** oranges, sesame seeds, almonds, leafy greens, broccoli, canned sardines and salmon (with bones), chia seeds, dried figs, beans, sunflower seeds, bok choy, and molasses.

Adapted from Go Dairy Free: The Guide and Cookbook for Milk Allergies, Lactose Intolerance, and Casein-Free Living by Alisa Marie Fleming and GoDairyFree.org Calcium by George Mataljan, World's Healthiest Foods <http://www.whfoods.com/genpage.php?tname=nutrient&dbid=45>

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