

# Basic Dairy Alternatives



If your support plan recommends you reduce/remove dairy then this is a quick guide to get you started on what alternatives you can find for the basics.

**Milk** – there are so many dairy free milks these days. As a general rule, the higher the price, the better the quality. However, the Innocent range have 4 dairy free milks that only contain a handful of ingredients. Califia do a great oat milk that works well in tea or coffee.

Other options are unsweetened almond, coconut or oat milk – Rude Health do a good Almond milk, that has a little rice milk in which naturally sweetens it and works well in teas and coffees. Oatly are also a good option and work really well if you still want to have a latte. Whether that's at home or out and about – most coffee places offer a wide range of dairy free milks that you can choose from. It's worth keeping an eye on the sugar content and making sure you avoid the ones that are overly sweet.



The alternatives I talked about are the Califia one pictured. This works well in coffee. You can get it in most supermarkets, but especially the small Sainsburys seem to always sell it. Then for the yoghurt you could try the Coconut Collaborative natural yoghurt – you can find this in pretty much all supermarkets. It's worth a try but I realise it isn't a complete substitute.

**Cheese** – if you are a cheese lover then this is a little harder to get used to. However, despite there being a few vegan cheeses that are pretty difficult to eat, there are now a couple that are definitely passable. The best option is the Violife range, which you can find in all large supermarkets. It looks a bit awful and fake, but it's made from coconut oil and their Pizza Topping cheese works really well for melting or having on toast/crackers. Nush is also reasonable as a cream cheese and you can find it in Waitrose and larger supermarkets.



Sheep's and goats' cheeses are also ok in moderation. A little feta or Manchega is a great way to wean yourself off some of the dairy cheeses.

**Yoghurts** - Coconut Yoghurt is a great alternative to dairy. You can find brands such as The Coconut Collaborative in most major supermarkets. Coyo is another brand – more expensive but very pure in terms of ingredients, and much thicker than the others. You can find this in most supermarkets as well.



**Butter** – try using pure coconut oil instead. Just ensure you buy organic, cold pressed virgin coconut oil. Avoid the really cheap ones (around £3.00) as these are poor quality and contain rancid fats – you can tell by the colour and smell, they look slightly yellow and when heated don't smell great, whereas pure coconut oil will be really white and smell heavenly!