



HOW TO BE DAIRY FREE

How to Go Dairy Free Cheat Sheet

Why Should I Consider Going Dairy Free?

Dairy products contain casein, whey, and lactose. Any one of those three may cause problems within the digestive system. If you have digestive challenges, it may be worth trying a dairy-free diet for 7-14 days to see if symptoms are reduced.

How Do I Go Dairy Free?

Products to avoid:

- Any cow-based dairy products including whole milk, lowfat milk, 1% milk, skim milk, all cheese varieties, sour cream, puddings, ice creams, frozen yogurt, and yogurt
- Goat-based, sheep-based and camel-based dairy products including milk, cheese, ice creams, and yogurts

Here is a list of alternatives that do not naturally contain casein, whey, or lactose.

Dairy Milk Alternatives:

- Soy Milk
- Rice Milk
- Hemp Milk
- Almond Milk
- Coconut Milk (So Delicious for cereal/cooking and canned for recipes requiring a fattier version)
- Flax Milk (Good Karma)
- Cashew Milk (Silk)

Dairy Yogurt Alternatives:

- Soy yogurt
- Coconut yogurt
- Almond yogurt

Dairy Cheese Alternatives:

NOTE: Always double-check the ingredient label for casein and sodium caseinate since these are common additives even in non-dairy alternatives.

- Rice milk cheese slices



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Dairy Butter Alternatives:

- Earth Balance vegan spread
- Olive oil
- Avocado oil
- Coconut butter

- Almond milk cheese slices
- Daiya is popular vegan choice and it melts well

Dairy Ice cream Alternatives:

- Almond ice cream (Almond Dream)
- Coconut ice cream (So Delicious brand)
- Rice Ice cream (Rice Dream)
- Soy ice cream
- Frozen bananas, berries, mangos, pineapples, etc. also make great alternatives if you have a high-powered blender or food processor

Other Dairy Alternative items:

- Puddings – there are dairy free options on the market now such as ZenSoy or you can make your own at home using canned coconut milk.
- Creamers – Soy and coconut-based creamers are widely available at most grocery stores
- Sour cream – Soy-based versions are the most commonly available.

What about butter?

Great question! Glad you asked! Most people who need to or choose to avoid dairy can tolerate butter. However, there are exceptions to this rule and also alternatives. Thank goodness! Butter contains trace amounts of casein. There is a casein-free version known as ghee. This isn't a brand, it's the name of the food. Ghee is a type of clarified butter and is made by heating butter and then straining the liquid through cheesecloth or another filter. The casein can be thrown away or re-used by those that tolerate it. You can make this at home or purchase at a grocery store. There are many ways, some quite complex, to make ghee so you might find certain types preferable to others.



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Making ghee at home

Take several sticks of butter (preferably from grass-fed cows) and place them in a slow cooker for 1.5-2 hours. When the butter is all liquid, you can strain it with cheesecloth into a glass container with a cover.

Storing ghee

Ghee is stored like butter. If you leave it in the fridge, it will get hard (actually it gets harder than regular butter). If you leave it on the counter, it will go bad faster but be softer. Most people leave it in the fridge and take it out just prior to use.

Using ghee

You can use ghee just like you would have used butter. You can spoon it, spread it, cook with it, or throw it in your coffee or tea.