

Dairy-Free Start-Up Shopping Guide

(excerpted from *The Guide to a Dairy-Free Diet*, by David Brownstein, M.D. and Sheryl Shenefelt, C.N.)

Always Read Labels

Do *not* purchase foods that contain any form of the words butter, milk, or casein. Also avoid items with cream or whey in them. Be wary of baby food, baked goods, breaded items, candy, caramel color/flavor, cosmetics, dressings, spreads, medications, supplements, non-dairy substitutes, processed meats, puddings, custards, sauces, soy and rice cheese, and sherbets.

Lactose-Free Does *Not* Mean Dairy-Free

Just because a product is lactose-free does *not* mean it is free of dairy items such as casein or whey. Only purchase items that say they are dairy-free.

Be Wary Of Cross Contamination

Keep all dairy-free foods separate from those that are not. Be careful how dairy-free foods are prepared, whether you do it yourself or purchase it somewhere else where cross-contamination is possible.

Foods You Can Eat

Plain meats, poultry, fish, eggs, grains, legumes, nuts and seeds, *plain* fruits and veggies, and usually anything labeled dairy-free. If you do not know whether the places you are going will have foods that you can eat, make sure to have a handy bag or cooler filled with snacks to take with you.

Some Chocolates May Be Consumed

Many chocolates have dairy added or are made in a facility where dairy is used and can be cross-contaminated. Buy only dairy-free chocolates and chocolate chips.

Acceptable Dairy Substitutes

The following are some items you can use to substitute for dairy.

We suggest you avoid soy milks or soy alternatives for dairy.

- Milks from almond, coconut, hazelnut, hemp, oat, and rice (preferably homemade)
- Yogurts and ice creams made with rice or coconut milk
- Cheeses made with nuts or rice as long as they are whey and casein-free Ghee as long as it is casein-free
- Coconut milk powder if it is dairy-free