



## MILK & DAIRY PRODUCT FREE DIET

**When there is a sensitivity to milk and dairy products avoid the following:**

Milk:	Butter
Goat, Sheep's and Cow's (even in very small quantities), condensed, dried, evaporated, powdered, (including coffee mate and coffee complement etc)	Cream (fresh)
Whey, lactose, casein	Cheese (inc. dishes cooked with cheese, e.g. Quiche)
Biscuits (some- check contents)	Batter made with milk
Chocolate (milk)	Cereals (some- e.g. muesli, etc. - check contents)
Cakes in which milk has been used	Custards
Dairy Ice Cream	Foods fried in butter
Malted milk	Sauces (creamed)
Ovaltine	Soups with milk added (packet/tin, e.g. cream of ....)
Yoghurt	

### Alternatives

<b>Milk:</b>	<b>Biscuits:</b> Boots animal fat-free biscuits
Dairy-free coffee-mate/creamer (check label)	<b>Butter and Margarine:</b> Granose, Tomar, Vitaseig, Pure sunflower margarine, Soya margarine (most - check contents)
Coconut milk (in block form - check label)	<b>Cheese and Yogurt:</b> Soya cottage cheese, Soya hard cheese with herbs, Soya yogurt, Tofu or Soya ice cream, e.g. Berrydales
Soya milk - try various brands from supermarkets	<b>Chocolate:</b> Plain chocolate, Milk-free
Soya milk with apple juice - check label	Carob
Soya milk with added sugar - check label	
Unisoy Gold with added calcium - check label	