
Avoiding Dairy

How to happily be dairy-free

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Words that Indicate that a Food Product Contains DAIRY

- Butter
- Cream, milk
- Cheese, cheese curds
- Casein (a dairy protein. You can't have dairy without casein! But casein can be added to other processed foods for texture/binding)
 - Whey (a dairy protein. You can't have dairy without whey! But whey can be added to other products like protein powder, protein bars, smoothies, seasonings, etc.)
 - Lactose-free (ex: lactose-free milk removes the *dairy sugar*, but not dairy)

Branding that Indicates a Food is Truly Dairy-Free

- Vegan
- Paleo
- Dairy-free

Common Secret Sources of Dairy

- Salad dressings (e.g. Ranch dressing)
- Dip (e.g. Artichoke dip, French Onion dip)
- Sauces (e.g. Cream sauces, hollandaise, etc.)
- Soups (e.g. "cream of -", chowders, bisques, tomato soup, butternut squash soup, any soup that is pureed)
 - Snack foods that contain a seasoning coat on the outside like chips, crackers and popcorn
 - Baked goods
 - Breakfast foods (scrambled eggs, quiche, pancakes, waffles)
 - Mashed potatoes
 - Lactose-free milk

Substitutions

Brands to get familiar with as they produce dairy-free alternatives to multiple products: SoDelicious, Kite Hill, VioLife, Silk, Forager, Oat Yeah, Good Planet, Miyoko

For each general dairy-food category, I will list popular alternatives. **Note that if you have multiple IgG food sensitivities, you may not be able to eat all of the alternatives listed, so always check labels for your individual case.** Also, note that the food industry evolves at a rapid rate, especially the dairy-free industry. So be on the lookout for the up-and-coming! Many of these alternatives can be found at Market Basket and Hannaford, but for larger selection consider Whole Foods, Trader Joe's and the local food co-op. **If you don't like one brand, try another.** There is a lot of room for different palates and preferences in this industry. Don't give up!

Milk & Cream

- Types of alternatives: Rice milk, hemp milk, soy milk, coconut milk, almond milk, cashew milk, macadamia nut milk, oat milk.
- Key Brands: SoDelicious, Silk, Oat Yeah, Califia, Good Karma
- **A note on cream:** "but I need cream in my coffee!". I hear this one a lot. Sample an array of alternatives. Everyone's taste is different. For richer, creamier textures and flavors, try something that contains coconut cream if possible like the Califia brand's creamer blends or their almond / coconut cream blend. Some people like myself enjoy the Silk brand's soy milk. I've had patients cook down the soy milk in an open slow cooker to super-concentrate it into a thick cream. Caution: check for added sweetener / sugars.

Butter

- Key brands: Earth Balance, Melt, Miyoko
- Some people can tolerate "ghee" which is butter that has been clarified and had the solids removed. While this may indeed be just fine for you, if you are on an IgG elimination diet, this should not be included in the initial part of your program. It can be trialed later under the guidance of your prescribing doctor.

Cheese

- Cheese is the most challenging category for people going dairy-free. The market used to contain only one alternative brand, and it wasn't very good (no offense, Daiya brand). But now, the market is truly burgeoning with exciting prospects, to give them all a try. Be careful to read labels if you have other allergies / sensitivities like to yeast, soy or tree nuts.
- Key brands: VioLife, Daiya, Miyoko, TreeLine, Good Planet, Chao, Kite Hill, Follow Your Heart, Field Roast Gourmet

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- You can get cheese slices (I think these are the least preferable, personally), cream cheese, shredded cheese, artisan cheese wheels (e.g. Miyoko brand) for cheese platters, mozzarella cheese, parmesan, cheese spreads.
 - Don't forget about the "make your own" option. Google dairy-free cheese sauce recipes for homemade concoctions, or ask your doc for recipes.

Yogurt

- Key brands: SoDelicious, Forager, Kite Hill
- Be sure to get the unsweetened (usually unflavored, too) variety!

Ice Cream

- Yes, you can actually get dairy-free ice cream that is tasty! Unless cane sugar is on your IgG food sensitivity no-no list, I usually don't press patients to watch their sugar intake during the elimination phase since our focus is simply on the food sensitivities. In those cases, you will have far broader options to choose from. However, if cane sugar is on your list as well, there may still be hope! See the next bullet points for suggestions.
- Types of alternatives: coconut-based, almond-based, cashew-based, banana-based (if homemade)
 - Key brands: SoDelicious
 - For those who must avoid both dairy and sugar cane, consider the SoDelicious brand "torquoise top" varieties. SoDelicious makes at least 3 flavors of a coconut-based ice cream that is not sweetened with cane sugar, but rather with sugar alcohols that are fine to have in moderation. This will be indicated by the torquoise rim around the top of the pint container that says in white letters "no sugar added".
 - Do NOT fall for "no sugar added" for most other ice cream brands. These will be sweetened instead with harmful artificial sweeteners.
 - For homemade ice cream, try "Nice Cream" recipes that are made from quickly pulsing frozen banana with other natural ingredients in a food processor for a quick-to-make custard treat.

Protein Powders & Protein Bars

- You are primarily going for plant-based protein bars and protein powders in this case. Opt for unsweetened varieties.
- Protein bars: opt for Lara Bars or Good Rx if you eat eggs
- Protein powder: I recommend the VegaPro powder we have at the office by Xymogen. Most protein powders are extracted with harmful chemicals and should be avoided.