

Dairy

Planning Your Diet



Eating and Cooking without Dairy



If your results have shown an **ELEVATED** reaction to milk it is recommended that you avoid or reduce your consumption of cow's milk and cow's milk products.

Milk is an important source of protein, calcium and vitamins including A, D & B complex. If you are giving up cow's milk, it is important that these nutrients are obtained from alternative food sources.

Please note that people who are intolerant to cow's milk may, in some cases, develop an intolerance to sheep or goat's milk when used as substitutes.

Foods to avoid

Dairy is found in many foods such as:

- **Milk, milk shakes**
- **Cheese**
- **Butter, spreads**
- **Custards, puddings, sauces, yoghurt, fromage frais, ice-cream, cream**
- **Baked goods** (cakes, doughnuts, waffles, scones, biscuits, pancakes)
- **Instant mashed potato, creamed soup, ready meals, processed meats and sausages, gravy**
- **Packet snacks, chocolate, confectionery**
- **Bread, pizza**
- **Chocolate, confectionary**
- **Ready meals**
- **Processed meats, sausages**
- **Soups**

What to look for (and avoid) on food ingredient labels:

- **Butter, butter oil**
- **Casein, caseinate, calcium caseinate**
- **Cheese**
- **Cream, light cream**
- **Demineralised whey**
- **Beta-lactoglobulin**
- **Alpha-lactalbumin**
- **Fat replacement**
- **Non-fat milk**
- **Milk powder, skimmed milk powder**
- **Milk solids, non-fat milk solids**
- **Whey, sweet whey powder**

Note: Dairy/cow's milk may be hidden in many foods and so it is important to always read the food ingredient labels carefully before purchase.

Refer to **Food Directory – Dairy; Dairy-Free meal ideas** and **Websites for free-from foods**



Alternative foods to eat and useful tips for dairy-free baking

There are many alternative dairy-free foods available such as:-

- **Milks** – Oat milk, rice milk, soya milk, quinoa milk, pea milk, coconut milk, nut milks such as almond or cashew (if no risk of allergic reaction)
(eg Oatly, Rice Dream, Kara). Some people can tolerate other animal milks, however sheeps, goat's and buffalo milks contain similar proteins to cow's milk, and can cause similar reactions, therefore these milks should be consumed cautiously
- **Butter** – dairy free and vegan spreads (eg Pure, Biona, Suma); nut spreads, tahini, cold pressed olive oil, coconut oil
- **Cheese** – soya cheese; Rice slices
(eg Redwood, Toffutti, Bute Island)
- **Yoghurts** – soya, oats (eg Provamel, Sojade)
- **Ice-creams** – soya, oat, rice
(eg First Glace, Oat Supreme)
- **Cream** – soya, oat, cashew, almond
(eg Oat Supreme)
- **Fromage frais** – soft tofu (eg Biona, Blue Dragon)
- **Chocolate** – dairy free chocolate
(eg Plamil, Organica, Divine)
- **Mayonnaise** – dairy-free mayonnaise (eg Plamil)



Protein, calcium and vitamins

You can ensure a rich source of protein, calcium and vitamins A, D and B complex by consuming a variety of other foods such as soya, cod liver oil, sardines, whitebait, salmon (with small bones), nuts, red meat, fresh fruit and vegetables (especially green leafy vegetables such as spring greens, watercress, spinach and broccoli), rhubarb, figs, mushroom, oranges, apricots, prunes, pumpkin seeds, sesame seeds, lentils and legumes.

Note: calcium is water soluble – ideally vegetables should be steamed or boiled in a little water which can be used in soups, gravy and sauces.

Dairy-free manufactured products

Manufacturers and supermarkets produce a list of own brand products that are free from cow's milk. These are available free of charge on request from customer services or can be downloaded from their website. They will help you identify which foods are safe to eat and should make your diet more interesting and nutritious. Formulations change regularly - **always check the label!**

Useful tips for substituting dairy-free products in recipes:

- Do not add soya milk to boiling drinks as it tends to curdle
- Grate soya hard cheeses on the fine part of the grater as they do not always melt very well
- Use plain dairy-free yoghurts (*eg soya*) or coconut milk to make curries, raita, stroganoffs, creamy sauces and dips
- Egg white replacer can be used to make dairy-free whipping cream (*eg Allergycare, Orgran*)
- Use a dairy-free melting cheese (*eg Melting Cheezly™*) on pizza, cheese on toast, and lasagne
- Use a dairy-free Cheddar style (*eg Sheese™*) to make cheese sauces. Using a microwave will save it sticking to the bottom of the saucepan (*which also works for dairy-free custard and porridge*)
- Use soft dairy-free cheese and sour cream in dips, cheesecakes and other savoury and sweet sauces
- Tofu (*also known as bean curd*) is a mild-tasting product made from soya beans. There are different types and the firm sort are best for savoury dishes such as quiches, whilst the softer, silken tofu works better in desserts such as mousses and cheesecakes

Dairy-free Meal ideas

BREAKFASTS

Poached, boiled or scrambled egg on toast* (with dairy-free spread eg *Pure, Suma, Biona*) ● Pancakes and dried fruit conserve (made with soya, rice or oat milk) ● Wheat-free Muesli (with soya yoghurt eg *Provamel* or rice milk eg *Rice dream*) ● Mushroom omelette and tomatoes (made with oat milk eg *Oatly* or rice milk eg *Rice dream*) ● Smoked haddock with mushrooms, tomatoes and toast (with dairy-free spread eg *Pure, Suma, Biona*) ● Cornflakes or Rice Krispies with sliced banana, yoghurt or milk (eg *Provamel, Kara, Oatly, Dairifree*) and raisins ● Fruit salad with mixture of nuts, seeds or millet flakes ● Dairy free yoghurt (eg *Sojade, Provamel*) with nuts, fruit, seeds or honey ● Rice cakes or crackers with peanut butter, sesame spread or jam ● Porridge oats (with water or oat milk eg *Oatly* or rice milk eg *Rice dream*), honey and chopped fruit ● Pancakes made with soya, rice or oat milk with bananas, nuts, and soya yoghurt (eg *Provamel*) ● Porridge Oats or Millet Flakes with dried fruits, strawberries, rice milk and soya yoghurt ●

LUNCHES

Home-made soup (with dairy free cream or milk if required, eg *Oat supreme, Oatly*) ● Jacket potato and salad with a filling such as dairy-free spread/cheese (eg *Bute Island, Redwood, Toffutti, Pure*), baked beans, tuna, prawns or sweetcorn ● Turkey or chicken breast/ slices and mixed salad (with dairy-free mayonnaise eg *Plamil, Granovita*) ● Noodles and stir-fry vegetables with cashew nuts ● Beans on toast* ● Crackers or rice-cakes with dairy-free cheese (eg *Redwood, Bute Island, Toffutti*), tomato, hummus ● Greek salad with dairy-free cheese (eg *Redwood, Bute Island, Toffutti*) ● Rice or quinoa salad with sultanas, almonds, walnuts, cashew nuts, sunflower seeds, or sesame seeds (with balsamic or French dressing) ● Avocado and prawn salad (with dairy-free mayonnaise (eg *Plamil, Granovita*) ● Pizza with dairy-free cheese ● (eg *Redwood, Toffutti*) and mixed salad ● Homemade pizza (with polenta base) and green salad ● Corn Pasta (eg *Orgran, Dietary Specials*) salad with chicken, mayonnaise (eg *Plamil, Granovita*), sweetcorn and mixed green leaves ●

DINNERS

Broccoli and cauliflower cheese (made with soya, rice or oat milk with dairy-free cheese) with a jacket potato and mixed salad ● Roast chicken breast with roast potatoes, vegetables, Yorkshire Puddings (made with soya milk eg *Sojade, Provamel, Granovita*) ● Fresh grilled sardines and green salad ● Stir-fry vegetables with chicken, nuts, beans or *Quorn* with rice or rice noodles ● Poached salmon with parsley sauce (eg made with oat or rice milk eg *Oatly* or *Rice Dream*), new potatoes, broccoli, green beans ● Corn tacos with mince or beans with dairy-free sour cream (eg *Tofutti*), guacamole or salsa and a salad ● Salmon quiche (eg made with oat or rice milk eg *Oatly* or *Rice Dream*) ● Chilli con carne with brown rice or rice noodles ● Vegetable Lasagne made with dairy free cheese and milk (eg *Oatly, Rice Dream, Provamel soya milk, Redwood cheddar*) ● Grilled mackerel or trout and almonds with mixed salad ● Stir-fried chicken with cashew nuts in a coconut milk sauce (with ginger, chilli and turmeric) with stir-fried vegetables and brown rice ● Prawn risotto with brown rice or quinoa with asparagus, beans, mushrooms, parsley ●

SNACKS

Fresh fruit and handful of nuts eg brazils or almonds ● Dried fruit, nuts and seeds ● Raw vegetable crudites with hummus, taramasalata or guacamole ● Dairy-free yoghurt (eg *Provamel, Sojade*) ● Rice cakes (eg *Kallo*) or Cornthins (eg *Real foods*) with sliced bananas, sesame spread, peanut butter or sugar-free jam ● Rye crispbreads (eg *Ryvita*) with topping as for rice cakes ● Flapjack made with dairy free spread (eg *Pure*) Scones, biscuits, cakes made with dairy free spreads (eg *Pure, Suma*) ● Fruit salad ● Oatcakes (eg *Nairns*) with guacamole or mushroom pate ● *9Bar Wholebake* sesame and carob high protein snack ● Instant Miso soup with toasted rye bread ●

*For Dairy free breads look at Genius, Orgran, Ener-G, Livwell, Proceli, Tesco, Sainburys, Waitrose, Sainsbury's and Asda free-from foods

Dairy-free Recipes

Dairy-Free Lasagne

Ingredients:

For the meat filling:

- 1 large onion chopped into small chunks
- 1 clove of garlic finely chopped
- 1 tube of tomato puree
- ½ pint of boiling water
- 450g beef mince (*this can be substituted with quorn mince for vegetarians*)
- Handful of chopped fresh basil (*optional to taste*)
- Salt and pepper to season
- Optional:- Chopped mushrooms, courgettes, peppers or carrots can also be added if required
- Optional:- Grated dairy-free cheese (*eg Redwood*) for top of lasagne

For the white sauce:

- 570ml soya milk (*or rice or oat milk*)
- 50g plain flour
- 50g dairy free spread (*eg Pure or Soya spread*)
- 1 packet of wholewheat pasta sheets (*or egg pasta sheets or spinach pasta sheets depending on taste*)

Preparation:

1. Preheat oven to 190°C/350°F/Gas mark 4
2. Heat a little oil in a large frying pan on a medium heat, once hot enough add the chopped onions and garlic and keep stirring until tender.
3. Add the minced beef to the onions and garlic and keep stirring until the minced meat is cooked through.
4. Add the tomato purée, boiling water and fresh basil and optional chopped vegetables. Stir until all the tomato purée is stirred in evenly, add salt and pepper to season then reduce to a lower heat and leave stirring occasionally whilst making the white sauce.
5. In a separate pan on a medium heat, pour in the soya milk (or rice or oat milk) and the dairy free spread. Add the flour through a sieve whilst stirring.
6. Keep stirring the white sauce slowly until it starts to thicken. Once thickened remove from the heat.
7. Assemble the lasagne by starting with a layer of minced beef on bottom of baking dish.
8. Add a layer of pasta.
9. Cover the pasta with a layer of white sauce.
Repeat stages 7, 8 and 9 with another 3 layers.
10. Sprinkle top with grated dairy-free cheese (optional).
11. Put lasagne on a middle tray of the oven and bake for 35-45 minutes until the top of the lasagne has started to go light brown.





Scones

Ingredients:

- 225g plain flour
- 1 tbsp baking powder
- 50g dairy-free spread (eg Pure)
- 50g caster sugar
- 1 egg, beaten
- 75ml soya milk
- 50g sultanas or raisins
- 1 beaten egg, to glaze

Preparation:

1. Preheat oven to 220°C/425°F/Gas mark 7. Lightly butter a baking sheet.
2. Sift the flour and baking powder together, and mix in the caster sugar.
3. Rub in the butter.
4. Make a well in the centre of the flour mixture, add the egg, sultanas and milk and mix to a soft dough using a round-bladed knife.
5. Turn out the scone dough onto a floured surface, and knead very lightly until smooth.
6. Roll out the dough to a thickness of about 2cm.
7. Cut out 8-10 circles using a fluted cutter.
8. Transfer to the baking sheet, brush with egg, then bake for about 8 minutes until risen and golden.
9. Cool slightly on rack before serving with dairy-free spread and jam.

Strawberry Ice-Cream

This strawberry ice cream is substantially healthier than traditional cream-and-egg based varieties and it is incredibly easy to make. Xanthan Gum can be found at most health food shops.

Ingredients:

- 2 cups plain unsweetened soya milk
- 1 tsp xanthan gum
- $\frac{2}{3}$ cup honey
- 2 cups strawberries, either fresh or frozen (thawed, if frozen)

NB 1 cup = 250 mls

Preparation:

1. In a blender, combine 1 cup of the soya milk and the xanthan gum, pulsing for about one minute until the mixture is thick. Add the remaining 1 cup soya milk and the honey, blending until combined. Add the strawberries, blend until smooth, pour the mixture into a flat nonstick metal pan and place it in the freezer for one hour.
2. After an hour, return the mixture to the blender and process until creamy. Return to the pan and place in the freezer for another hour. Repeat this once more, then return the pan to the freezer for at least 2 hours or overnight before enjoying.

Serves 4 to 6





Herb Omelette with creamy mushrooms

Ingredients:

- 4 eggs
- 35g/1½ oz dairy-free spread (eg Pure)
- 2 heaped tbsp chopped mint leaves
- 2 heaped tbsp chopped basil leaves
- 2 tbsp olive oil
- 150g/5oz mushrooms, cut into quarters
- 200g/7oz soya yoghurt
- Sea salt and freshly ground black pepper

Preparation:

1. Beat the eggs in a bowl, then season lightly with salt and pepper.
2. Heat the dairy-free spread in a 20cm/8 inch heavy based frying pan, making sure the base is well covered in the hot fat.
3. Pour the egg mixture into the pan and sprinkle over half the chopped mint and basil. As the egg begins to set, keep lifting the edges gently and tilting the pan to let the uncooked egg trickle underneath.
4. After 5-6 minutes the base of the omelette will be golden and top almost set, but still soft.
5. Meanwhile, heat the oil in a large heavy-based saucepan. Add the mushrooms and cook over a medium heat for 3-4 minutes, stirring frequently.
6. Using a whisk or hand-held electric blender, blend the yoghurt. Turn the heat down to low, pour the yoghurt into the pan, add the remaining herbs and season lightly with salt and pepper.
7. Gently cook the mixture for 2-3 minutes, making sure not to cook it for too long as the yoghurt may curdle.
8. When the omelette is just set, tilt the pan away from you and, using a spatula, carefully fold it in half.
9. Leave it to stand for 30 seconds, then cut into 2 portions. Serve immediately with the creamy mushrooms.

Serves 2

Grocery List for Dairy-Free Diet

Many foods contain **Dairy** so it is always important to read the ingredient labels carefully before purchase

Fruit and Vegetables

Lettuce / Mixed leaves
Tomatoes
Avocado
Radish
Beetroot
Onions
Cabbage
Mushrooms
Peas
Sweetcorn
Broccoli
Cauliflower
Garlic
Carrots
Green beans
Sweet potatoes
Baking potatoes
Oranges/satsumas
Strawberries
Raspberries
Blueberries
Bananas
Apricots
Frozen fruit
Dried fruit

Meat, Fish and Alternatives

Chicken
Turkey
Beef (occasional)
Wild game
Fresh fish – cod, haddock, tuna, salmon, mackerel, trout
Tinned fish – pilchards, salmon, sardines, tuna (occasionally)
Prawns
Eggs
Tofu

Beans and Pulses

Kidney/haricot/pinto/cannellini/ aduki/black-eye/butter beans
Mixed organic beans (tinned is fine)
Chickpeas (add to soups & salads)
Lentils (mix with rice)
Organic baked beans

Dairy and Dairy Alternatives

Almond/rice/coconut/oat milk
Soya milk and yoghurts
Organic Dairy-free spread (eg Pure, Biona)
Tofu
Soya “cheese”/rice slices (eg Redwood, Toffuti)
Dairy-free cream (eg Toffuti)
The following may be eaten in moderation but cannot be tolerated by all:
Feta / Mozzarella
Goat / Sheep milk
Natural bioyoghurt

Rice and Pasta

Wholewheat or spelt pasta
Basmati or brown rice
Buckwheat pasta or brown rice pasta (eg Orgran)
Brown rice spaghetti (Waitrose)
Rice or buckwheat noodles
Quinoa
Spaghetti

Bread and Snacks

Seeded or Granary bread
Dairy-free seeded or granary Bread (eg Genius, Orgran, EnerG, Procell, Tesco, Sainsbury's, Waitrose, Asda)
Rye or Pumpernickel bread (eg Sunnyvale rye bread, Village Bakery Borodinsky bread)
Bread & multigrain buns (eg Livwell)
Oatcakes (eg Nairns)
Rice Cakes Ryvita – seeded or plain Multigrain Corn Thins (eg Realfoods)

Snacks

Dips – hummus, guacamole
Raw nuts – brazils, almonds, cashew, pecans, walnut
Raw seeds – pumpkin, sunflower, sesame, flax/linseed
Peanut butter (eg Whole Earth)
Bounce Protein Balls
Wholebake 9Bar snacks
Fruit conserve
Dressings – dairy free, mayonnaise (eg Plamil, Granovita), olive oil & balsamic vinegar

Breakfast cereals

Homemade muesli (oats, rye and barley flakes, buckwheat flakes, rice flakes, flaked coconut, raisins, dried dates, pumpkin & sunflower seeds, nuts)
Porridge or millet (warmed with dairy-free milk)
Oatibix
Cornflakes / Rice Crispies / Shreddies
Doves Farm Rice & Buckwheat Cereal

Drinks

Fruit juice – orange, apple, tomato
WATER
Smoothies (eg Innocent)
Herbal teas – peppermint, fruit tea
Caffeine-free (eg Rooibosch)

