

HEALTHY EATING GUIDE: DAIRY FREE

This handout will help you to make healthy choice options when removing dairy from your diet. Many symptoms can arise from intolerance to eating dairy products. Some of these include; excess mucus production i.e. sinus congestion, abdominal bloating, flatulence, abdominal cramping, diarrhoea, eczema and even sleeping issues in children. These symptoms arise due to problems digesting lactose, the sugar in dairy products. Other people also have problems digesting the proteins in dairy such as casein.

WHAT FOODS CONTAIN DAIRY?

- All animal milk (cow, sheep, goat,), milk powder, milk solids, evaporated milk, lactose-free milk
- All animal cheese (cow, sheep, goat, camel)
- Butter
- Yoghurt
- Cream, sour cream
- Ghee (clarified butter)



COMMON PRODUCTS WITH DAIRY?

- Chocolate (milk, white, most dark)
- Icecream
- Custard
- Most baked goods (i.e. cakes, pastries, donuts, muffins etc)
- Pancakes, waffles
- Dairy-based icecreams
- Puddings
- Whey (common ingredient in processed foods)
- Protein powders (whey-based)
- Lemon/lime curd
- Milk powder
- Many dips
- Creamy pasta sauces
- Creamy soups
- Milkshakes
- Cheese flavourings (i.e. potato chips, popcorn)
- Nutella
- Some cereals, muesli bars (check ingredients)
- Some tinned spaghetti (check ingredients)
- Some crackers (check ingredients)



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HEALTHY DAIRY-FREE ALTERNATIVES

- Plant milk (almond, rice, coconut, oat, soy) - buy organic and unsweetened
- Nut Cheese (cashew, macadamia)
- Vegan or dark chocolate (80% or higher, check for milk powder/solids)
- Hummus or Baba ganoush
- Bliss balls/protein balls (check ingredients)
- Tomato-based sauce and soups
- Coconut icecream
- Coconut yoghurt



MEAL SUGGESTIONS

Breakfast

- Omelette (eggs, capsicum, mushrooms, baby spinach)
- Mushrooms, baby spinach, hummus
- Oat porridge (oats, pepitas, sunflower seeds, coconut flakes, cinnamon, walnuts)
- Smoothies (almond milk, banana, cinnamon etc)
- Toast, eggs, avocado
- Toast, avocado, tomato, nigella seeds
- Brown rice pudding (brown rice, almond/coconut milk, sultanas, flaked almonds etc)
- Chia pudding (made with coconut milk)
- Muesli, coconut yoghurt, berries
- Buckwheat pancakes



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Lunch

- Quinoa salad
- Boiled eggs and salad
- Green pea & zucchini fritters, salad
- Roast chicken and vegetables
- Soup (non-creamy) and bread
- Wraps with shredded chicken and salad (+hummus)
- Salmon and avocado salad



Dinner

- Carrot & red lentil soup
- Black bean & quinoa chilli
- Lamb cutlets, roast veg
- Poke bowl, sashimi, avocado
- Beef cheek, sweet potato mash, greens
- Chickpea stuffed eggplant
- Chicken breast, brown rice, salad
- Dahl, brown rice, greens
- Prawn curry (coconut milk base)

Snacks

- Hummus & carrot sticks
- Celery sticks, Pic's peanut butter
- Whole fruits
- Kale chips
- Nuts
- Bliss ball (dairy-free)
- Popcorn

EATING OUT SUGGESTIONS

Look for DF on the menu
Do your research - plan ahead and see what's on the menu
Asian cuisines tend to be more GF & DF (but always check first)