

AVOIDING Dairy

Swap these dairy products for eco-friendly, convenient and tasty plant-based alternatives.

1 MILK

Store-bought dairy-free milk such as almond, cashew, soy, coconut, hemp, oat or rice milk. You can also make your own plant-based milk usually by soaking, blending and finely straining your main ingredient. Search Online for recipes.

2 CHEESE

Dairy-free cheese made from nuts like cashews and pistachios. Cashews can also be used for homemade Parmesan. Nutritional Yeast Flakes can be used to add cheese flavour to dishes like mac'n'cheese or mashed potatoes.

3 YOGURT

Store-bought coconut yogurt or soy yogurt is a great alternative that is usually the same price. You can also easily make your own coconut yogurt at home by combining coconut cream with a pro-biotic. Search Online for recipes.

4 BUTTER

Vegetable spread or vegetable oil margarine is great for using on toast and sandwiches. You can also use vegetable spread or coconut oil in recipes that call for butter. Avocado is another option for spreading on sandwiches.

5 ICE CREAM

Many brands now have plant-based ice creams available in grocery stores. They're usually soy or coconut based. You can easily make your own banana ice cream at home with frozen bananas and add extras for flavour and texture.

6 CREAM

Whipped coconut cream or rice cream is often available at health food stores. You can make your own whipped coconut cream by whisking chilled coconut cream with a little bit of sweetener and vanilla.

7 CONDENSED MILK

Condensed coconut milk is available in the grocery store or health food store. You can easily make your own by simmering coconut milk and a sweetener of choice. Search Online for recipes.

8 CALCIUM

Most plant-based milk is calcium fortified but if you're worried, eat more broccoli, tofu, almonds, black beans, oranges, seeds and leafy greens. Plant sources of calcium contain additional nutrients that are also essential for healthy bones.

Dairy-Free Reference Card

Download, print, and cut out these Dairy-Free reference cards to keep in your wallet or bag. Use them when shopping to check the labels of the food you're buying to ensure they're really dairy-free. Remember that packaged food labeled as 'non-dairy' doesn't always mean dairy-free.

Contains Dairy

- Acidophilus milk
- Ammonium caseinate
- Butter
- Butter fat, oil, solids
- Butter flavour
- Buttermilk
- Calcium caseinate
- Caramel colour
- Caramel flavouring
- Casein
- Caseinate
- Cheese
- Condensed milk
- Cottage cheese
- Cream
- Curds
- Custard
- Delactosed whey
- Demineralised whey
- Dry milk powder
- Dry milk solids
- Evaporated milk
- Ghee
- Goats milk
- Half-and-half
- Hydrolysate
- Hydrolyzed casein
- Hydrolyzed milk protein
- Iron caseinate
- Lactate
- Lactalbumin
- Lactic acid
- Lactoferrin
- Lactose
- Lactoglobulin
- Low-fat milk
- Magnesium caseinate
- Malted milk
- Milk fat, powder, solids
- Nougat
- Opta
- Paneer
- Potassium caseinate
- Quark
- Rennet Casein
- Simplesse
- Skimmed milk
- Sodium caseinate
- Sour cream
- Sour milk solids
- Whey
- Whey powder
- Whey protein
- Whipped cream
- Whipped topping
- Whole milk
- Yogurt
- Zinc caseinate

 @lemon.thyme.eats

Contains Dairy

- Acidophilus milk
- Ammonium caseinate
- Butter
- Butter fat, oil, solids
- Butter flavour
- Buttermilk
- Calcium caseinate
- Caramel colour
- Caramel flavouring
- Casein
- Caseinate
- Cheese
- Condensed milk
- Cottage cheese
- Cream
- Curds
- Custard
- Delactosed whey
- Demineralised whey
- Dry milk powder
- Dry milk solids
- Evaporated milk
- Ghee
- Goats milk
- Half-and-half
- Hydrolysate
- Hydrolyzed casein
- Hydrolyzed milk protein
- Iron caseinate
- Lactate
- Lactalbumin
- Lactic acid
- Lactoferrin
- Lactose
- Lactoglobulin
- Low-fat milk
- Magnesium caseinate
- Malted milk
- Milk fat, powder, solids
- Nougat
- Opta
- Paneer
- Potassium caseinate
- Quark
- Rennet Casein
- Simplesse
- Skimmed milk
- Sodium caseinate
- Sour cream
- Sour milk solids
- Whey
- Whey powder
- Whey protein
- Whipped cream
- Whipped topping
- Whole milk
- Yogurt
- Zinc caseinate

 @lemon.thyme.eats

Contains Dairy

- Acidophilus milk
- Ammonium caseinate
- Butter
- Butter fat, oil, solids
- Butter flavour
- Buttermilk
- Calcium caseinate
- Caramel colour
- Caramel flavouring
- Casein
- Caseinate
- Cheese
- Condensed milk
- Cottage cheese
- Cream
- Curds
- Custard
- Delactosed whey
- Demineralised whey
- Dry milk powder
- Dry milk solids
- Evaporated milk
- Ghee
- Goats milk
- Half-and-half
- Hydrolysate
- Hydrolyzed casein
- Hydrolyzed milk protein
- Iron caseinate
- Lactate
- Lactalbumin
- Lactic acid
- Lactoferrin
- Lactose
- Lactoglobulin
- Low-fat milk
- Magnesium caseinate
- Malted milk
- Milk fat, powder, solids
- Nougat
- Opta
- Paneer
- Potassium caseinate
- Quark
- Rennet Casein
- Simplesse
- Skimmed milk
- Sodium caseinate
- Sour cream
- Sour milk solids
- Whey
- Whey powder
- Whey protein
- Whipped cream
- Whipped topping
- Whole milk
- Yogurt
- Zinc caseinate

 @lemon.thyme.eats

Contains Dairy

- Acidophilus milk
- Ammonium caseinate
- Butter
- Butter fat, oil, solids
- Butter flavour
- Buttermilk
- Calcium caseinate
- Caramel colour
- Caramel flavouring
- Casein
- Caseinate
- Cheese
- Condensed milk
- Cottage cheese
- Cream
- Curds
- Custard
- Delactosed whey
- Demineralised whey
- Dry milk powder
- Dry milk solids
- Evaporated milk
- Ghee
- Goats milk
- Half-and-half
- Hydrolysate
- Hydrolyzed casein
- Hydrolyzed milk protein
- Iron caseinate
- Lactate
- Lactalbumin
- Lactic acid
- Lactoferrin
- Lactose
- Lactoglobulin
- Low-fat milk
- Magnesium caseinate
- Malted milk
- Milk fat, powder, solids
- Nougat
- Opta
- Paneer
- Potassium caseinate
- Quark
- Rennet Casein
- Simplesse
- Skimmed milk
- Sodium caseinate
- Sour cream
- Sour milk solids
- Whey
- Whey powder
- Whey protein
- Whipped cream
- Whipped topping
- Whole milk
- Yogurt
- Zinc caseinate

 @lemon.thyme.eats