

## Food Elimination: Dairy

To eliminate dairy from your diet, be sure to consider obvious sources (e.g. milk) as well as hidden, common sources where you will need to read food labels. **The following is a list of things to avoid completely:**

Milk, Cream, Half-and-Half (includes even a little bit in tea or coffee)

Butter

Yogurt or Kefir

Sour Cream

Creamy salad dressings (e.g. blue cheese, ranch, thousand island) and many other containing cheese

Use vinaigrette (e.g. oil and vinegar) alternatives

Creamy sauces (that a restaurant may put on fish, chicken, steak, or other foods)

Ask for just olive oil and lemon on things like chicken or fish.

Creamy soups or chowders

Focus instead on broth-based ones that don't include cheese of any kind.

If you're uncertain at a restaurant, \*ask\* if it's dairy-free or not.

Cottage cheese and cream cheese

Most muffins, scones, cookies, cake

Definitely Puddings, Custard and related desserts (crème brulee, key lime pie, lemon meringue pie)

Nougat (in most candy bars)

Ice cream

All cheeses (includes those from cow or goat milk). Be mindful of where cheese may lurk in common

American dishes (e.g. pizza, lasagna, spaghetti, tacos, chips, meatballs)

Restaurant dishes or processed foods that might surprise you (e.g. meatloaf, scrambled eggs, sauces, soups, hot dogs, doughnuts, pastries, pancakes, mashed potatoes, chocolate)

**Though commonly confused with dairy foods, the following are fine to eat for dairy elimination:**

Eggs and all egg derivatives, Ghee (clarified and filtered butter), Cocoa Butter/Powder, coconut foods including 'cream of coconut', cream of tartar, malt liquor, malt vinegar, malted barley, shea butter, all nut butters, and some calcium additives (Calcium Propionate, Carbonate, Citrate, or Phosphate).

**In general, avoid any processed food ingredient that includes the words milk, butter, whey, casein, or lacto- in any way.** Many foods use preservatives or additives for texture that include dairy. This means you will need to avoid most baked goods unless they are specifically labeled dairy-free. To help you be diligent in your elimination, here are some particular ingredients to be sure to avoid:

Ammonium Caseinate

Calcium Caseinate

Casein

Caseinate (in general)

Curds

Delactosed Whey

Demineralized Whey

Goat Milk

Hydrolyzed Casein

Hydrolyzed Milk Protein

Iron Caseinate

Potassium Caseinate

Recaldent

Rennet Casein

Sodium Caseinate

Whey (Powder, Protein Concentrate, Protein Hydrolysate)

Zinc Caseinate

Lactulose

Magnesium Caseinate

Malted Milk

Lactalbumin

Lactoferrin

Lactoglobulin

Lactose

Adapted from [Go Dairy Free: The Guide and Cookbook for Milk Allergies, Lactose Intolerance, and Casein-Free Living](#) by Alisa Marie Fleming and GoDairyFree.org

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