

CORE HEALTH

NATUROPATHIC WELLNESS CENTER

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MILK-FREE DIET

Diet Characteristics: All forms of milk and milk derivatives are omitted.

Foods to Avoid:

Milk – all forms: buttermilk; evaporated; powdered; fresh whole or skim; malted; yoghurt.

Beverages – chocolate; cocoa; Cocomalt; Ovaltine.

Bread and rolls – any made with milk (most breads contain milk); bread mixes; griddle cakes; soda crackers; waffles; zweiback.

Cereals – some dry (read labels).

Cheese – all kinds; cheese dips and spreads; cottage cheese.

Desserts – cakes; cookies; custard; doughnuts; ice cream; mixes of all types; pie crust made with butter or margarine*; pies with cream fillings such as chocolate, coconut, cream, custard, lemon, pumpkin; puddings with milk, sherbets; non-dairy creamers.

Eggs – scrambled; escaloped; omelets.

Fats – whipping and sour cream; butter; margarine*; whipped toppings*

Meats – frankfurters; luncheon meats; meat loaf (unless 100% meat)

Gravies and sauces – any made with butter, margarine*, milk, or cream.

Soups – bisques; chowders; cream.

Sweets – caramels; chocolate candy.

Vegetables – au gratin; mashed potatoes; seasoned with butter or margarine; scalloped; with cream sauces.

*Check labels, some may be milk-free.

Key Words to Look for on Labels: milk, whey or whey solids, dried milk solids (DMS), non-fat dry milk or milk solids (NFDM), casein, casein hydrolysate, caseinate (including sodium or potassium caseinate), butter, margarine, cheese, cheese food, curds, lactose, lactalbumin, cream, sweetened condensed milk, lactate solids.

Hints for Success with Milk-Free Recipes

Milk is used in many baked products because of its flavour and nutritive value. Water or other liquids can be substituted in many bread, cake and cookie recipes with little change in quality other than a somewhat more coarse texture and less brown crust.

Puddings and sauces can be made with soybean milks or formulas. Such mixtures need only be cooked to a simmering temperature to thicken. Boiling may cause the pudding or sauce to separate. Soybean milks can also be used for cows milk in baked products but will give the product somewhat of a nutty flavour.

Some persons allergic to milk may tolerate small amounts of butter or margarine. When butter or milk-containing margarines must be omitted from the diet, the richness of butter flavour may be provided by an imitation butter flavouring or butter flavoured salt.