

Milk & Dairy-Free Diet

Milk and dairy products represent a problem for many people for two reasons.

1. Lactose intolerance

Lactose is a naturally occurring sugar found in animal milks. The human body produces the enzyme lactase. However after the age of 10 the body produces less and less of this enzyme, so that it has less or no ability to break down milk and mil by-products. In the UK 5% of the Caucasian population and 45% of the ethnic population have lactose intolerance. People who have lactose intolerance usually have difficulty with cow, sheep and goat milk products. However, rice, Soya, almond, coconut and oat milk are good alternatives, which can be used in recipes and on cereals.

2. Cows milk protein intolerance

Some people only react to the protein in cow's milk. They can sometimes tolerate sheep or goats milk as an alternative.

Any vegan cookbook will be completely dairy free.

Look out for whey (milk powder) as an ingredient in biscuits, cakes, convenience foods, soups and tinned products.

Foods to avoid	Alternatives
Milk & cream	Dairy free coffee mate (check label) Coconut milk Rice milk Almond milk Oat milk Soya milk
Butter	Dairy free spreads such as, Granose Pure Vitaseig Olive oil Cooking oil
Cheese	Soya cheese Veese (vegetarian spread)
Chocolate	Carob (dairy free) Dark chocolate e.g. fry's chocolate cream
Biscuits (check label for animal fats)	Boots animal fat-free biscuits
Cereals, especially muesli mixes	Home made muesli
Ice cream	Soya or tofu ice cream Fruit sorbet.
Yoghurt	Soya yoghurt.

