

Dairy Elimination Diet

Following a dairy elimination diet means removing all dairy foods and any product containing milk protein from your diet. **By law, manufactured food products that contain milk proteins are required to say so *clearly* in the ingredient list.**

Dairy Foods

The following are common dairy foods that you will need to avoid on this diet:

- Butter (and Ghee)
- Buttermilk
- Custard
- Cream/Half-and-Half
- Cheese (all kinds, including cottage cheese and cream cheese)
- Ice Cream, Ice Milk, Sherbet, Frozen Yogurt
- Milk (including non-fat or skim, low-fat, reduced-fat, whole, evaporated, condensed, dry, and lactose free)
- Sour Cream
- Pudding
- Yogurt (and Kefir)

Places Dairy May Hide

Milk proteins can show up in some unexpected places. Look carefully at foods like:

- Artificial butter flavor
- Baked goods (including bread)
- Broth
- Caramel candies
- Chocolate
- Deli meats cut on the same slicer as cheese
- Lactic acid starter culture and other bacterial cultures
- High protein flour
- Luncheon meat, hot dogs, sausages
- Margarine, butter substitutes
- Nisin
- “Non-dairy” creamers or other non-dairy products
- Nougat
- Tuna, canned

Names for Milk Proteins on Labels

Below are some names for milk proteins that you might see in an ingredient list on a label.

- Beta-lactoglobulin
- Butter fat, butter oil, butter acid, butter ester(s)
- **Casein**
- Casein hydrolysate
- Caseinates (in all forms)
- Curds
- Dry milk, milk solids
- Lactalbumin
- Lactalbumin phosphate
- Lactoferrin
- Lactoglobulin
- Lactulose
- Milk protein hydrolysate or hydrolyzed milk protein
- Rennet casein
- Whey (in all forms)

(over)

Eating Dairy-Free

Being told you cannot eat dairy can be overwhelming. The truth is, there are still lots of foods you *can* eat!

- Meats, poultry and seafood
- All vegetables and fruits
- Nuts, nut-butters and beans
- Rice, potatoes, pasta, and grains

Take the time to read labels, sample new foods, and try new recipes. If you have access to a computer, there are many websites that provide information, recipes and support. If you are having trouble or are worried that your diet is not balanced, a Registered Dietitian can help. Ask your doctor for a referral, or go to eatright.org and click on “Find a Registered Dietitian”.

Dairy Substitutes

There are many milk substitutes on the market, including soy, rice, almond, coconut, oat or hemp “milks”. While none of these taste like milk, many people enjoy the flavor, and they can work well as a replacement for milk in baked goods. Try chocolate or vanilla flavors when baking your favorite recipes! If you miss dairy products, try dairy-free cheeses, yogurts, and “ice creams”. Remember, butter contains milk proteins. Read labels to find dairy-free margarines and butter substitutes.

Calcium on a Dairy-Free Diet

It is strongly recommended that people eliminating dairy take **1,000mg of calcium a day in supplements**. 500mg of calcium twice a day works best. Always check with a doctor before starting any supplements.

Try to eat plenty of foods high in calcium, such as calcium-fortified orange juice or non-dairy “milks”, collard greens, sesame seeds, broccoli, almonds, black-eyed peas, and sardines. If you can eat soy products, calcium-processed Tofu and cooked soybeans (Edemame) are excellent sources of calcium.

Shopping Tips

- Whole foods such as meats, poultry, seafood, eggs, fruits and fresh vegetables are naturally dairy-free.
- For other foods, look for dairy ingredients highlighted in the ingredient list or the phrase, “Contains Milk” in bold at the bottom of the list.
- Any food labeled “Vegan” or “Parve” will be dairy-free.

How to Get the Most from your Calcium Supplements

- Take 500mg or less at a time.
- Take supplements at meal time.
- Get 1000-2000 IUs of vitamin D a day.
- Take calcium with orange juice. Vitamin C helps with calcium absorption.
- Do not take calcium at the same time as iron. Neither will be well absorbed.
- Calcium citrate is absorbed best, but other (less expensive) types are fine.
- Look for a calcium supplement that contains magnesium.
- Cut out soda. Soda contains phosphorus, which can cause your body to lose calcium.