



Milk-Free Diet

This is a diet in which all forms of milk and milk derivatives are omitted.

Foods to Avoid

Milk	all forms: buttermilk; evaporated; powdered; fresh whole or skim; malted; yogurt
Beverages	chocolate; coca; Cocomalt; Ovaltine
Bread & Rolls	any made with milk (most breads contain milk); bread mixes; griddle cakes; soda crackers; waffles; zwieback
Cereals	some dry (read labels)
Cheese	all kinds; cheese dips and spreads; cottage cheese
Desserts	cakes; cookies; custard; doughnuts; ice cream; dessert mixes of all types; pie crust made with butter or margarine*; pies with cream fillings (e.g. chocolate, coconut, cream, custard, lemon, pumpkin); puddings with milk, sherbets; non-dairy creamers
Eggs	scrambled; escaloped; omelettes
Fats	whipping cream; sour cream; butter; margarine*; whipped toppings*
Gravies & Sauces	any made with butter, margarine*, milk, or cream
Meats[◊]	frankfurters; luncheon meats; meat loaf
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

◊ acceptable if 100% meat



Naturopathic Foundations

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Key Words to Look For on Labels

- acidophilus milk
- ammonium caseinate
- artificial butter flavor
- artificial flavors / flavoring
- brown sugar flavoring
- butter
- butter fat
- butter flavor
- butter solids
- buttermilk
- calcium caseinate
- caramel color
- caramel flavoring
- casein
- caseinate
- cheese (all)
- coconut cream flavoring
- condensed milk
- cottage cheese
- cream
- curds
- custard
- delactosed whey
- demineralized whey
- dried mil solids (DMS)
- dry milk powder
- dry milk solids
- evaporated milk
- galactose
- ghee
- high protein flour
- hydrolysates
- hydrolyzed casein
- hydrolyzed milk protein
- hydrolyzed vegetable protein
- iron caseinate
- lactalbumin
- lactalbumin phosphate
- lactate
- lactic acid starter culture
- lactoferrin
- lactoglobulin
- lactose
- lactulose
- magnesium caseinate
- malted milk
- margarine
- milk (whole, lowfat & skim)
- milk derivative
- milk fat
- milk powder
- milk protein
- milk solids
- natural egg flavor
- natural flavors / flavoring
- non-dairy (indicates 2% or less milk by weight)
- non-fat dry milk or milk solids (NFDM)
- nougat
- potassium caseinate
- pudding
- recaldent
- rennet casein
- sodium caseinate
- sodium lactylate
- sour cream
- sour milk solids
- sweetened condensed milk
- whey
- whey powder
- whey protein concentrate
- whey protein hydrolysate
- yogurt
- zinc caseinate

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 nutty flavour.

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