

# *Pacific Center for Naturopathic Medicine*

1313 E Maple Street, Suite 102 Bellingham, WA 98225 Tel:(360)734-0045 Fax:(360)715-3060

Rachelle Herdman, M.D.(Britain), N.D.  
MEDICAL DIRECTOR

## ***DAIRY-FREE DIET***

### **Avoid:**

Cow milk	cheese	yogurt	kefir
buttermilk	ice cream	cream	sour cream
half-and-half	cottage cheese	Quark	

Also ( <b>check labels!</b> ):	whey milk/dairy protein	milk solids milk chocolate	casein 'white chocolate'
--------------------------------	----------------------------	-------------------------------	-----------------------------

Minimize:	butter	sheep/goat milk or cheese
-----------	--------	---------------------------

### **Enjoy instead:**

Rice, soy, oat, millet, grain, hemp, hazelnut, coconut or almond milks - for cereals, beverages, baking, or sauces. Protein content ideally 3-8 grams/cup.

Amasake (sweet rice beverage)

Semi-sweet chocolate, e.g. "Rapunzel" or "Newman's" organic semi-sweet chocolate & other non-dairy chocolates and sweets!

"Soy Delicious", "Tofutti", "Rice Dream", and "Coconut Bliss" frozen desserts

Almond, sunflower, hazelnut and organic peanut, pistachio, or pumpkin seed butters

Tahini, sesame butter

Hummus, bean dips, lentil pate

Olive oil-balsamic vinegar-Italian herb dip for bread

Spread of pureed organic dried fruits, nuts and/or flax oil

Home-made 'sour cream': tofu, lemon juice, maple syrup, vanilla

Cashew cream: pureed soaked cashews,  
with any of - honey/maple syrup, vanilla, lemon / orange zest

Soy and almond 'cheeses'

"Vegannaise" (more yummy than regular mayo!)

Coconut or almond 'creamer' for beverages