



## ALLERGY SUBSTITUTIONS – MILK & LACTOSE

These are intended as guidelines only. Individual dietary needs and allergens vary.

### Living with a Milk Allergy

Living with a food allergy doesn't have to prevent you from enjoying wholesome and nutritious foods. The good news is that manufacturers are required to state whether or not their product contains the following eight most common allergens – peanuts, tree nuts, soy, milk, eggs, fish, shellfish and wheat. Allergen information can be found near the nutrition facts label.

As the saying goes "*When in doubt, throw it out.*" A food allergy can cause a potential life-threatening reaction. So, if you are uncertain whether the food contains milk or dairy, do not eat the food. Manufacturers change ingredients, so even if you buy the product frequently, always check the food label before you make a purchase. Potential allergens could also be present in foods if it is produced or manufactured in a plant containing allergenic foods – this is called cross contamination. It is *always* important to read foods labels before you buy.

Your best choices are going to be to select whole foods and limit your consumption of processed foods. Processed foods, like those that come in a box or can, usually have more allergens because of the additives, flavorings, coloring and preservatives added.

### Lactose Intolerance

Lactose intolerance is different than having an allergy to milk. Individuals with lactose intolerance have a difficult time digesting lactose (milk sugar) due to an insufficient amount of lactase (an enzyme that breaks down lactose). Typically these individuals experience nausea, diarrhea, abdominal cramps, bloating and gas about 30 minutes to an hour after consuming foods with lactose.

You can substitute milk, yogurt and cheese with soy, rice or almond milk, lactose-free milk, soy yogurt and soy cheeses. Compared to milk, cottage cheese and yogurt have about half the amount of lactose, so these items are often well tolerated in moderation. Cheeses have very little lactose, so some people tolerate cheeses very well. Consider substituting other high protein foods such as meats, eggs, nuts, or vegetarian protein for the dairy products. Finally, you may also build meals based on exchanges that do not include dairy products.

### Calcium Supplement

Usually, women aged 18-50 years need 1,000mg of calcium each day and women aged 51 years and older need 1,200 mg of calcium each day\*. If you do not consume dairy foods on a regular basis, you may consider taking the Curves Calcium supplement. The Curves Calcium supplement contains Calcium Citrate – the most absorbable form of calcium available on the market today. Your calcium supplement should also contain Vitamin D to further enhance absorption.

\* Dietary Guidelines for Americans 2010, which can be found at [www.dietaryguidelines.gov](http://www.dietaryguidelines.gov)



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Here are some hidden sources of Milk:

- Artificial Butter Flavor
- Baked Goods
- Chocolate
- Lactic Acid Starter Cultures and other bacterial starter cultures
- Deli meats, sausages and other processed meats
- Margarine
- Some nondairy products
- Cream
- Curds
- Ghee
- Half-and-half
- Lactoalbumin
- Sheep & Goat’s Milk
- Lactoferrin
- Lactulose
- Milk protein (whey & casein)
- Sour Cream
- Tagatose
- Vegetarian “Meats”

*Special Note - Some products may sound like they contain dairy, but do not. Foods safe for an individual with a milk allergy to consume include almond milk, rice milk, coconut milk, and cream of tartar.*

Heat & Eat: Amy’s® Dairy & Lactose Free:

- ½ Can Medium Chili
- ½ Can Spicy Chili
- Asian Noodle Stir-fry
- Bean & Rice Burrito\*
- Black Bean & Vegetable Enchilada
- Black Bean Enchilada Whole Meal\*
- Black Bean Tamale Verde
- Brown Rice & Vegetables Bowl\*
- Brown Rice, Black-Eyed Peas & Veggies Bowl\*
- Indian Matter Tofu\*
- Indian Spinach Tofu Wrap
- Indian Vegetable Korma\*
- Light & Lean: Sweet & Sour Bowl
- Roasted Vegetable Tamale
- Soy Cheeze Pizza (lactose free, not dairy free)\*
- Teriyaki Bowl\*
- Thai Stir-Fry
- Tofu Scramble w/Hash Brown & Veggies
- Tofu Vegetable Lasagna (lactose free, not dairy free)
- Veggie Loaf Whole Meal\*

\*Available in Canada

Using Exchanges:

If a recipe calls for dairy products, simply substitute these foods for an equivalent exchange. Here is a substitution list:

If a recipe calls for....	Substitute with...
Kashi® waffle – 1 (all varieties)	Nature’s Path® Waffle – 1
Kashi® TLC crackers – 10	Popcorn, air popped – 2 ½ C or 1 starch exchange



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Laughing Cow® Light Swiss - 3 wedges	Soy Cheese (mozzarella or Cheddar) – 1 oz.
Oikos® Greek Yogurt with Fruit or Honey - (4 oz)	Soy Yogurt – 6 oz.
Stoneyfield® Yogurt - (6 oz) - smooth and creamy variety	Soy Yogurt – 6 oz.
Dannon Light & Fit® - (6 oz)	Soy Yogurt – 6 oz.
Kashi® Granola – 2 T (all varieties)	Nature's Path® Granola – 2 T
1 Progresso® 100 cal soup – some varieties	1 Progresso® 100 cal soup - Hearty Vegetable & Noodles, Beef Pot Roast, chicken noodles, Savory Vegetable Barley, Zesty southwestern-style Vegetable, Vegetable & Noodles, Vegetable, Vegetarian Vegetable w/Barley, , Hearty Penne, Garden Vegetable, Vegetable Italino, chicken and wild rice, Hearty Chicken and Rotini, Homestyle Chicken w/Veggies and pearl Pasta, Chicken Barley, Chicken Rice with vegetables, Roasted chicken Garlic, Turkey Noodle, Manhattan Clam chowder
Morningstar Farms® Buffalo Veggie Wings	1/3 C edamame (soybeans) or 1 protein exchange
Fiber One® 90 Calorie (all varieties)	Phase 1 Snack choice or 1 fruit + ½ nut exchange
PowerBar® Pria® (all varieties)	Phase 1 Snack choice or 1 fruit + ½ nut exchange
Balance Bar® Gold (all varieties)	Odwalla Bar!® - Chocolate Peanut Butter
Balance Bar® Original (all varieties)	Odwalla Bar!® - Chocolate Peanut Butter
Kashi GOLEAN Bar (all varieties)	Odwalla Bar!® - Chocolate Peanut Butter
Luna® Protein (all varieties)	Odwalla Bar!® - Chocolate Peanut Butter
Pure Protein® Bar ( 50 g) (all varieties)	Odwalla Bar!® - Chocolate Peanut Butter
1 Jell-O® 100 calorie pudding	1 Jell-O® Gelatin Snack
English Muffin* - whole wheat – 1/2	Whole Wheat Bread – 1 slice*
Tortillas* - whole wheat (8in) – 1/2	Tortilla – Corn (6in) - 2
Butter (whipped) – 1 tsp	Smart Balance® Light – 1 Tbsp.
Cream (fat free) – ¼ C	Soy Creamer Original – 3 Tbsp.
Half-and-Half (fat free) – ¼ C	Soy Creamer Original – 3 Tbsp.
Sour Cream – 2 T	Soy Yogurt, plain – 3 Tbsp.
Sour Cream (light) – 3 T	Soy Yogurt, plain – 3 Tbsp.
Cheddar (low fat, shredded) – ½ Cup	Soy Cheese Cheddar flavor – 1 oz.
Parmesan (shredded) – ¼ cup	Galaxy Nutritional Foods® Vegan grated parmesan – ¼ C
Swiss – 1 oz.	Soy Cheese Mozzarella – 1 oz.
Swiss (low fat) – 2 oz.	Soy Cheese Mozzarella – 1 oz.
Brie – 1 oz.	Galaxy Nutritional Foods® Vegan or Soy Cream Cheese – 2 Tbsp.
Cream Cheese – 2 T	Galaxy Nutritional Foods® Vegan or Soy Cream Cheese – 2 Tbsp.



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Cream Cheese (light) – 3 T	Galaxy Nutritional Foods® Vegan or Soy Cream Cheese – 2 Tbsp.
Ricotta (part skim) – ¼ cup	6 oz. Silken Tofu blended w/1tsp lemon juice to taste
Bleu – 1 oz.	Soy cheese – 1 oz. (like Galaxy Nutritional Foods® - select varieties)
Feta (Regular or reduced fat) – ¼ C	Soy cheese – 1 oz. (like Galaxy Nutritional Foods® - select varieties)
Monterey Jack – 1 oz.	Soy cheese – 1 oz. (like Galaxy Nutritional Foods® - select varieties)
Mozzarella (part skim) – 1 oz.	Soy Cheese Mozzarella – 1 oz.
Mozzarella string cheese – 1 oz.	Soy Cheese Mozzarella – 1 oz.
Provolone (reg or reduced fat) – 1 oz.	Soy cheese – 1 oz. (like Galaxy Nutritional Foods® - select varieties)
Cappuccino (nonfat) – 16 oz.	Soy milk cappuccino – 12 oz.
Latte (nonfat) – 12 oz.	Soy milk latte – 12 oz.
Milk (skim) – 8 oz.	1 C soy milk, 1 ½ C Almond milk, ¾ C Rice Milk (unsweetened)
Milk (1%) – 8 oz.	1 C soy milk, 1 ½ C Almond milk, ¾ C Rice Milk (unsweetened)
Cottage Cheese (1 or 2%) – ¾ C	Lactose-free Cottage Cheese (1%) – ¾ C, or ½ C cooked & mashed Tofu w/garlic or onion powder, and lemon to taste; serve chilled, or 1 protein exchange
Plain, nonfat, Greek Yogurt – 1 C	Soy Yogurt – 6 oz. or 1 protein exchange
Veggie Burger – 1 ½ patties*	Amy's® Texas or California Veggie Burgers – 1 patty
Veggie “chik’n” patty – 1 patty*	Kidney beans, cooked – ¾ C or 1 protein exchange
Veggie Hot dogs – 1 ½ links*	Black Beans, cooked – 2/3 C or 1 protein exchange
Veggie Sausage links – 3 links*	Black Beans, cooked – 2/3 C or 1 protein exchange
Boca® Crumbles	Kidney beans, cooked – ¾ C or 1 protein exchange
Salad Dressings* - 50 calories	1 tsp Olive oil & vinegar to taste
Chocolate Chips – 1 T	Newman's Own® Organics – Dark Chocolate bar – 1/6th bar; Trader Joe's® Semi-Sweet chocolate chips – 1 Tbsp.; Whole Foods® Market Brand Chocolate chips – 1 Tbsp.
1/4 C cream of chicken soup - reduced sodium	3 Tbsp. soy or rice milk + 1tsp canola or olive oil + 2 Tbsp. chicken broth (to make thicker sauce, add a pinch of flour, tapioca, or rice flour)
Genisoy® Soy Crisps – ¾ oz. (about 10)	Popcorn, air popped – 2 ½ C or 1 starch exchange