

DAIRY FREE EATING GUIDE

Dairy products are one of the major allergens so don't fear you're not alone!!!
There's plenty of substitutes to make life easier.

WORD OF ADVICE: Read all labels carefully

Avoid: ***Casein, Whey, Lactose, Caseinate, Potassium, Caseinate, Sodium, Caseinate, Lactalbumin, Curds, Milk Solids.***

CALCIUM

The recommended daily intake of calcium is 800-1400 mg daily.
Listed below are examples of calcium content of foods.

Aussie Soy Lite, 1 glass, 260mg
Tahini, 1 tablespoon, 85mg
Almonds, 25 nuts, 70mg
Brazil nuts, 7-8 nuts, 55mg
Sesame seeds, 2.5 tablespoons, 290mg
Vegetables, 1 cup average, 10-50mg
Tofu, ½ cup, 130mg
Soy Beans, ½ cup, 90mg
Fresh Fruit, each piece average, 10-30 mg

Nuts and seeds, green vegetables and fish bones are very good sources.

Do remember to:

Get half an hour sunshine daily to ensure enough Vitamin D for calcium absorption.

Do 15-20 minutes of weight bearing exercises daily to prevent osteoporosis.

Try and reduce stress level!!!

RECIPE BOOKS

Recipes To The Rescue by Jann Bonner, Lindy Kingsmill, Suzanne MorrowGood, Milk Free, Grain Free

The Australian Food Allergy Cookbook by J Chant, S Lee, J Murrowood

RECIPES

Butter: Grind $\frac{1}{2}$ to 1 cup of nuts in blender until fine meal. Some nuts eg. Almonds may need a little water added.

Milk: Blend 2 cups water and $\frac{1}{2}$ cup nuts or seeds.

Cream: Blend 1 cup nuts (cashews, pecans or blanched almonds) as finely as possible. Add water to desired consistency and mix in honey to sweeten to taste.