

## WHAT TO BUY

- **dairy-free milks:** almond, coconut, oat, soya etc
- **chocolate:** dark tends to be dairy-free; also look for 'milk' chocolate and choc buttons in free-from sections. PS Make sure you try Moo Free, Vivani and Cocoa Libre
- **soya yogurt and desserts**
- **tofu** – marinated is perfect for stir fry and pasta dishes; or blend silken tofu with melted chocolate and make creamy chocolate mousse
- **dairy-free cheese** – cream or hard cheese (Cheezly, Sheese, Tofutti, Vegusto, Violife, Tesco's own brand)
- make **creamy sauces** and smoothies with nut butters or use nut butters in sandwiches
- **dairy-free margarine** (Pure, Vitalite etc)



## DAIRY INGREDIENTS TO AVOID

butter, butteroil, casein, cheese, ghee, lactose, milk, whey, yogurt

If an item contains no dairy ingredients but the packaging states 'may contain traces of milk', it means it's dairy-free but was made in a factory where dairy products are used. This labelling is important for severe allergy sufferers.

### top tip

Look at 'allergens' list first and check for 'contains milk' – it's quicker than reading the ingredients!

## WHERE TO SHOP

- Health food shops
- Supermarkets
- Online – try:  
[www.alternativestores.com](http://www.alternativestores.com)  
[www.goodnessdirect.co.uk](http://www.goodnessdirect.co.uk)  
[www.honest-to-goodness.org.uk](http://www.honest-to-goodness.org.uk)  
[www.ocado.com](http://www.ocado.com)  
[www.vegusto.co.uk](http://www.vegusto.co.uk)  
[www.vivashop.org.uk](http://www.vivashop.org.uk)

## SUPERMARKET LISTS

- **Co-op** Vegan (and therefore dairy-free) items are clearly marked on their own-brand products where appropriate
- **Marks & Spencer health.**  
[marksandspencer.com](http://marksandspencer.com)  
Click on 'Help'. This takes you to an



'ask a question' box – enter 'vegetarian and vegan' to take you to vegan lists

- **Sainsbury's** [www.sainsburys-live-well-for-less.co.uk](http://www.sainsburys-live-well-for-less.co.uk) Enter 'vegan' in the search box. Many of their own-brand products are also labelled vegan
- **Tesco**  
[www.realfood.tesco.com](http://www.realfood.tesco.com)  
Scroll to bottom of page, find the 'Healthy Eating' column then click on 'vegetarian and vegan'
- **Waitrose**  
[www.waitrose.com](http://www.waitrose.com)  
Enter 'dietary and lifestyle' in search box then click on that link

## WHAT TO MAKE

Get recipes and much more practical info from *Everyone's Going Dairy-Free* guide (FREE to download):

[www.whitelies.org.uk/dairyfree](http://www.whitelies.org.uk/dairyfree)

And *Viva! Cookbook*:

[vivashop.org.uk/vivacookbook](http://vivashop.org.uk/vivacookbook)



## EATING OUT

Many restaurants (Chinese, Indian, Italian, Thai, etc.) and chains offer dairy-free options, soya milk and tofu dishes.

Coffee shops and many cafés now tend to have soya milk – sometimes they don't advertise it but the option is there!

# Dairy-free pocket rocket



## Ever thought about going dairy-free?

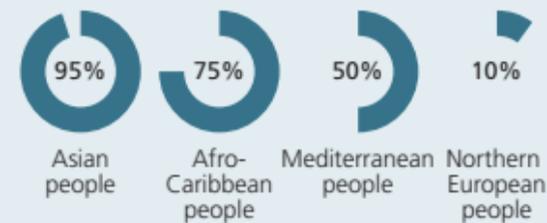
It's worth a try! It can make you feel and look better, reduce your risk of several diseases, help save animals from suffering and reduce your impact on the environment.

**Viva!**  
HEALTH

## IT'S NATURAL TO BE DAIRY-FREE!

Most people in the world avoid milk and dairy products because they are lactose intolerant – unable to digest the sugar in milk (lactose). Below is the percentage of peoples who are lactose intolerant.

We are the only mammal to consume milk after weaning and that of a different species. It's simply not natural.



Percentage of lactose intolerant people  
Source: NHS Direct

## IT'S GOOD FOR YOU

The dairy industry wants you to believe we need dairy to build strong bones but evidence points in the other direction. Westerners consume the most dairy yet have the highest levels of osteoporosis (brittle bones) in the world!

(See our guide, *Building Bones for Life* at [www.vivahealth.org.uk](http://www.vivahealth.org.uk)).

Dairy is also strongly associated with diseases such as breast and prostate cancers, diabetes, eczema and heart disease.

For more information, see [www.whitelies.org.uk](http://www.whitelies.org.uk).



There are plenty of healthier plant sources of CALCIUM:

- sesame seeds, almonds
- pulses (lentils, beans, soya, peas, chickpeas)
- green leafy vegetables (broccoli, kale, watercress etc)
- dried figs, dried apricots
- tahini, hummus, tofu, enriched soya milk



## IT'S SO EASY NOW

There are five million dairy-free consumers in the UK and the number is growing. It's the perfect time to join them.

## IT'S KINDER TO ANIMALS

The modern dairy industry is far from the lush meadows of the advertising world and is actually very brutal.

To produce milk, cows must be made pregnant every year. Their babies are ALWAYS taken away from them. If male, they're killed shortly after birth or reared for veal or beef. Females are raised on cheap milk substitute and

later used to replenish the herd, then killed for cheap beef at five or six years old.

## IT'S BETTER FOR THE ENVIRONMENT

Animals bred for meat and dairy create 18 per cent of all greenhouse gases –more than all transportation put together, including air transport.

And it takes a whopping 1,000 litres of water to produce just ONE litre of milk.



## LEARN MORE

W: [www.whitelies.org.uk](http://www.whitelies.org.uk)  
[www.viva.org.uk](http://www.viva.org.uk)  
E: [info@viva.org.uk](mailto:info@viva.org.uk)  
T: 0117 944 1000