

# To The Point Acupuncture



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## Foods Containing Dairy and Some Substitutes

### **Foods Containing Dairy**

- Cheese
- Cottage cheese
- Yogurt
- Kefir
- Butter
- Most margarine
- Creamed soups & sauces
- Chocolate
- Pudding
- Custard
- Many baked goods
- Mashed potatoes
- Some “non-dairy” products
- Pancakes & waffles (including premade mixes)
- Many breads
- Doughnuts
- Meatloaf
- Gravies
- Calcium supplements (often have whey)
- Protein & diet powders
- Multivitamins

### **Dairy Substitutes**

(\*should not be eaten if doing an elimination diet)

\*Silk Soy products (milk, yogurt)

\*Tofutti Cream Cheese

\*Soy margarine

Rice Dream

\*Almond Milk (from the Blue Diamond Almond Company)

Rice Dream (ice cream substitute)

\*Soy Dream (ice cream substitute)

\*Soy Delicious (ice cream substitute)

### **Milk Ingredients May be Listed on Labels as:**

- Casein
- Saseinate
- Whey
- Lactalbumin
- Sodium caseinate
- Lactose
- Cream
- Non-fat milk solids