

# DAIRY FREE CHART

AVOID	CAUTION	DAIRY FREE!
<p>ALL ANIMAL MILK            buttermilk            condensed milk            milk protein            dry milk solids            evaporated milk</p> <p>ALL CREAMS            sour cream            whipped topping / cream</p> <p>ALL YOGURTS</p> <p>BUTTER            natural butter flavour            ghee</p> <p>ALL CHEESE            Cottage cheese            Curds / Custard</p> <p>Lactose / Lactulose            lattes</p> <p>casein / nougat / paneer            whey protein / powder</p>	<p>cereals            granola bars            protein bars</p> <p>chocolate            baked goods            breads</p> <p>potato chips</p> <p>low-fat pudding</p> <p>omelettes            scrambled eggs</p> <p>soups</p> <p>popcorn</p> <p>smoothies</p> <p>imitation crab</p>	<p>eggs            mayonaise            soy milk            rice milk            almond milk            coconut milk            coconut yogurt            almond yogurt            soy yogurt</p> <p>Earth Balance - Buttery Spread</p> <p>unprocessed meats / fish</p> <p>fruits / vegetables            nuts / seeds            legumes / beans</p> <p>fruit gelato            cocoa butter            cocoa powder</p> <p>milk thistle            cream of tartar            calcium            creamed honey</p>
<p><i>*ALL LACTOSE FREE MILKS CHEESES YOGURTS</i></p>	<p><i>**LOOK FOR INGREDIENTS FROM THE AVOID COLUMN</i></p>	<p><i>*** STICK TO THESE FOODS AND YOU WILL BE DAIRY FREE. :)</i></p>