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It's easy to be dairy-free!

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Cover photo: *Boy who enjoyed a soya shake*

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"By going dairy-free you'll be doing something incredibly positive for your health, for animals and the world. I dropped dairy from my diet when a cow in a field at the back of my home gave birth to twin calves. The farmer told me that they would be exported live for veal. Listening to the mother's cry night after night was heart-rending! Through my work at Viva! and the Vegetarian & Vegan Foundation, and in my training as a nutritional therapist, I've found that going dairy-free has also helped thousands of people - it's alleviated everything from eczema and psoriasis to IBS and angina. What's more, making the transition isn't as difficult as you think. This fantastically handy guide will help you on your way."

Juliet Gellatley, founder & director, Viva! and the Vegetarian & Vegan Foundation



About the VVF...

The Vegetarian & Vegan Foundation (VVF) is the UK's premier nutrition and health charity helping people to understand the importance of good nutrition for health and fighting disease. We are happy to answer any questions about diet and health and produce a range of guides and fact sheets and an excellent magazine called *Veggiehealth*. We also run a mail-order gift catalogue, *Vegetarian Shop*. Contact the VVF at the address on page 3 for a free catalogue or browse the web shop on www.vegetarian.org.uk.

Why avoid dairy...

We are becoming increasingly aware of how the food we eat can affect our health – for both good and bad. Despite this, there is still a strong emotional attachment to the idea that milk is a natural and healthy drink. Yet, an increasing amount of evidence is telling a different story, showing that cow's milk is not the wonder food the dairy industry would have us believe. The nutrients in cow's milk, cheese, butter, cream, ice cream and milk chocolate are all available from healthier, plant-based foods that do not contain saturated animal fat, cholesterol, animal protein (casein), hormones and growth factors. These unhealthy substances have been linked to many diseases, including some of the UK's biggest killers –

heart disease, diabetes, breast cancer and prostate cancer as well as osteoporosis, gallstones, asthma, Crohn's disease, colic, constipation and even teenage acne.



Jude Butler

Three easy steps to being dairy-free

- 1 Step one:** Decide to go dairy-free. You may want to go dairy-free to help treat an existing condition or to protect your health and that of your family.
- 2 Step two:** Read this guide and go shopping. Your local health food shop can help as they stock a wide range of dairy-free alternatives to cow's milk, cream, butter, cheese and even ice cream! This guide provides an extensive list of these products which your health food shop, if they don't stock them already, may be willing to order.
- 3 Step three:** Get cooking! If you need any further help, such as recipe ideas and meal planning, see the VVF guide, *How to be Dairy-Free*, available from www.vegetarian.org.uk, or contact us at the address on page 3 for a free copy – we are happy to help!

What's a vegan?

A person who tends to be much healthier than their dairy and meat-eating counterparts! Why? Because a vegan eats no animal products – red and white meats, fish and other water creatures, eggs, dairy and insect products such as honey and cochineal. That means no damaging animal protein, animal fats or cholesterol in their diet. Far from going short, they can – and are more likely to – pack their diet with a wide range of healthy, disease busting foods high in vegetable protein, fibre, complex carbohydrates, vitamins, minerals and good fats. These include fresh fruit and veg, a wide range of pulses, including peas, beans and lentils, wholegrain pastas, breads and rice, nuts and seeds, herbs and spices and vegetable oils – especially flaxseed and virgin olive oil.

So where do I get calcium?

Dairy is not the only source of calcium, nor is it the best. Huge numbers of people across the world can't digest dairy and still get plenty of calcium. Good sources include: green leafy veggies (broccoli, cabbage, kale, bok choy, watercress etc), pulses (eg soya – used to make tofu, soya burgers, soya milk etc – red kidney beans, chick peas, broad beans, baked beans), parsnips, swede, turnips, some nuts such as almonds, Brazils, hazelnuts, pistachio, some fruits (dried figs, currants, lemons (esp lemon peel)), oranges) and olives – and exceptionally high are sesame

seeds. (Hummus, that gorgeous Middle-Eastern dip, contains tahini – sesame paste).

Kids and calcium

A major review of recent scientific studies on calcium and bone health was published in the journal of the American Academy of Pediatrics in 2005. It shatters the misleading notion that children need cow's milk for good bone health (1). This review examined the effects of dairy products and total dietary calcium on bone health in children and young adults and found that dairy products are NOT needed for strong bones. When you think that three quarters of the world's people don't consume cow's milk, this comes as no surprise (see page 28).

An increasing amount of evidence now shows that cow's milk is not the best source of calcium at all and in fact our bone health would benefit enormously if we switched to plant-based sources. In addition, research suggests that physical exercise is the most critical factor for maintaining healthy bones, followed by improving the diet and lifestyle; this means eating plenty of fresh fruit and vegetables, and for young adults cutting down on caffeine and avoiding alcohol and smoking.

1) Lanou A.J., Berkow S.E., and Barnard N.D. 2005. Calcium, Dairy Products, and Bone Health in Children and Young Adults: A Re-evaluation of the Evidence. *Pediatrics*. 115 (3) 736-743.



Dairy diseases

Is cow's milk 'natural'?

Milk is touted as a 'natural' food. And it is – for babies! Like all mammals we have evolved to drink the milk of our mums until weaned. We're the only mammal to drink milk after weaning – and certainly the only one to drink the milk of another species! The truth is, we started drinking milk only very recently in evolutionary terms and three quarters of the world's population can't even digest it once they've been weaned – they are 'lactose intolerant' (see page 28). So if you decide to go dairy-free you'll be joining the majority of people in the world who also don't consume cow's milk.

Does cow's milk make you sick?

Cow's milk and other dairy products all contain the unhealthy saturated kind of fat associated with an increased risk of heart disease, stroke, diabetes and obesity. Strong research now links health problems to saturated fat and animal protein and to other 'hidden' bioactive compounds found only in milk. These hormones and growth factors are in high-fat dairy foods and the low-fat varieties too, such as skimmed milk and yogurt.

Pus in mouth

Another undesirable in milk is pus! Milk containing up to 400 million pus cells per litre is legally sold for human consumption. Why so much? Because modern, intensive dairy farming ensures that 30 per cent of British dairy cows have mastitis – a painful infection of the udders – at any given time. The pus is a product of the cow's almost constant fight against bacterial invasion.

What follows are some of the health problems linked to dairy foods and some of the scientific research that unearthed them.

Acne

The research linking diet to acne is relatively new (1). A recent study of 47 acne patients did, however, reveal a connection between acne and processed foods high in sugar and dairy (2). In 2005, dairy foods were again linked directly to teenage acne in a massive study published in the *Journal of the American Academy of Dermatology* (3). It examined over 47,000 women and the guilty party was skimmed milk – the hormonal content was thought to be responsible. At least two thirds of cow's milk in the UK is taken from pregnant cows (4), a time when the hormone content of milk increases substantially.

1) Cordain, L. 2005. *Semin Cutan Med Surg* 24 (2) 84-91. 2) Cordain, L. 2005a. *Personal communication*. 3) Adebamowo, C.A. et al. 2005. *J Am Acad Dermatol*. 52 (2) 207-14. 4) Danby, FW. 2005. *J Am Acad Dermatol* 52 (2) 360-2.

Allergies

Food allergies are increasing and the most common is cow's milk allergy which affects around two per cent of all infants under the age of one. Lactose intolerance is much more common (see page 28).

Asthma

The number of children with asthma has risen steeply over the last decade. In the 1970s, just one in 50 children had asthma but now it is one in eight! Food allergies are thought to be responsible for five per cent of all asthma cases (1) and as cow's milk is the main cause of all food allergies then clearly milk needs to be considered in the treatment of asthma.

1) James, J.M., et al. 1994. *Am J Respir Crit Care Med* 149, 59–64.

Eczema

Cow's milk can also activate eczema (1). In 30 per cent of children who suffer from the condition, food may be a trigger, and in 10 per cent it is the main trigger and the most common of these are milk and eggs. Others include soya, wheat, fish and nuts (2). So, a significant number of children can be helped by eliminating certain foods from the diet and the place to start is with dairy and eggs.

1) Saarinen, K.M. et al. 2005. *J Allergy Clin Immunol* 116 (4) 869-75. 2) National Eczema Society, 2003. *Diet and eczema in children*. National Eczema Society, London.

Gastrointestinal bleeding

Milk can also cause intestinal bleeding as an allergic response and shows itself as blood from the rectum in infancy (1). Protein is the main culprit and particularly cow's milk protein (casein). In a trial of 52 infants (some breast-fed, some formula-fed), the introduction of 'normal', off-the-shelf cow's milk increased blood loss from the intestines (2). This often occurs in such small quantities that it may not be noticed but over time can cause iron-deficiency anaemia in children. Frank Oski, former paediatrics director at Johns Hopkins School of Medicine, estimates that half the iron-deficiency in infants in the US results from cow's milk-induced bleeding (3). This is a staggering figure since more than 15 per cent of US infants under the age of two suffer from iron-deficiency anaemia.

1) Willetts, I.E. et al. 1999. *J Pediatr Surg* 34 (10) 1486-8. 2) Ziegler, E.E. et al. 1990. *J Pediatr*. 116 (1) 11-8. 3) Oski, F.A. 1996. *Don't Drink Your Milk*. New York: TEACH Services Inc.

The only reliable treatment for milk allergy is to avoid all dairy products and any foods with a hidden milk content – skimmed milk or skimmed milk powder, milk solids, non-fat milk solids, milk sugar, whey and casein. Casein is more difficult to avoid as it is widely used in bread, processed cereals, instant soups, margarine, salad dressings, sweets and cake mix. Calcium-enriched soya, rice and oat milks can be used as alternatives to cow's milk (see page 36).

Arthritis

Rheumatoid arthritis (RA) affects up to three per cent of the UK population and evidence suggests that diet may be a cause. Research from the Arthritis Research Campaign (ARC) shows that rheumatoid arthritis can be made worse in some people by certain foods, including milk products (1). A vegetarian diet – which obviously includes milk – can help some people with RA but a vegan diet may help even more (1). In 2001, Swedish researchers found that nine out of 22 patients with RA showed significant improvements after following a gluten-free, vegan diet. For those not on this diet, the improvement was one in 25 (2).

1) *Arthritis Research Campaign, 2002. Diet and Arthritis. ARC, Chesterfield, Derbyshire, UK.* 2) *Hafstrom, I. et al. L. 2001. Rheumatology 40 (10) 1175-9.*



Cancer

One in four people in the UK will die from cancer. A poor diet is the second largest preventable risk factor for cancer, coming close behind smoking. Nutrition plays a big role in the disease (1) and cow's milk is increasingly being linked to certain cancers. Hormones and other growth factors in milk are implicated. They are unavoidable because two thirds of milk on sale in the UK comes from pregnant cows (2), and the remainder from cows who have recently given birth. This means that milk and dairy products contain a cocktail of 35 different hormones such as oestrogen, and 11 growth factors which can make cells grow out of control!

1) *Donaldson, M.S. 2004. Nutrition Journal. 3, 19.* 2) *Danby, F.W. 2005. J Am Acad Dermatol 52 (2) 360-2.*

Breast cancer

Breast cancer in the UK has increased by 80 per cent since 1971 (1) and one in nine women are now affected. In rural China, on the other hand, where very little dairy is consumed, the incidence of breast cancer is considerably lower. Only five per cent of cases are due to abnormal genes (2), the vast majority being a result of diet and lifestyle.

Research showed that women who ate more than one-and-a-half servings of red meat a day almost doubled their risk of breast cancer (3). Another study showed that women who ate lots of grilled, barbecued and smoked meats had a 47 per cent higher risk of breast cancer and those who skimped on fruit and vegetables drove their risk up a whopping 74 per cent higher (4).

Research from the Dunn Human Nutrition Unit in Cambridge showed a strong link with saturated animal fat – found mostly in whole milk, butter, meat, cakes and biscuits (5). Harvard Medical School backed up this finding and confirmed that red meat and high-fat dairy foods such as whole milk, cream, ice cream, butter, cream cheese and cheese were associated with breast cancer (6).

A major review of diet and breast cancer in 40 countries also showed a link between meat, milk and cheese and the disease. Researchers involved in this study suggest that hormones in milk carry the blame (7). Researchers at Princeton University in New Jersey narrowed it down even further to a growth hormone called insulin-like growth factor 1 (IGF-1). It is present in all milk and is not destroyed by pasteurisation (8).

1) National Statistics, 2005. *Breast Cancer: Incidence rises while deaths continue to fall.*
 2) BACUP, 2005. *Can you tell me about the genes that cause breast cancer in families?* 3) Cho E. et al. 2006. *Archives of Internal Medicine* 166 (20) 2253-2259. 4) Steck S.E. et al. 2007 *Epidemiology* 18 (3) 373-382. 5) Bingham, S.A. et al. 2003. *Lancet* 362 (9379) 212-4. 6) Cho, E. et al. 2003. *J Natl Cancer Inst* 95 (14) 1079-85. 7) Ganmaa, D. and Sato, A. 2005. *Mel Hypotheses* 65 (6) 1028-37. 8) Outwater et al. 1997. *Med Hypotheses* 48 (6) 453-61.

Colorectal (bowel) cancer

Bowel cancer is the third most common cancer in men – the second most common in women (1) – and there is growing concern that milk is involved. Again it is thought that IGF-1 plays a part. In a study of over 200 people, three servings of non-fat milk a day over a period of 12 weeks increased blood levels of IGF-1 by 10 per cent (2). This wasn't the only one; in fact several studies link high levels of IGF-1 to an increased risk of colorectal cancer (3, 4, 5).

The protective effect of a wholegrain, plant-based diet with plenty of fruit, vegetables and fibre is well-documented. Two big studies published in the *Lancet* confirmed that the more fibre you eat the lower your risk of this cancer (6, 7). Milk, of course, contains no fibre and nor does meat. This is all pretty convincing stuff and diet clearly plays a major role in protecting our health.

1) *Cancer Research UK*, 2005. *Bowel (colorectal) cancer.* 2) Heaney et al. 1999. *J Am Diet Assoc* 99 (10) 1228-33. 3) Ma, J. et al. 1999. *J Natl Cancer Inst* 91 (7) 620-625. 4) Giovannucci, E. et al. 2000. *Cancer Epidemiol Biomarkers Prev* 9 (4) 345-9. 5) Kaaks, R. et al. 2000. *J Natl Cancer Inst* 92 (19) 1592-600. 6) Peters, U. et al. 2003. *Lancet* 361(9368):1491-5. 7) Bingham, S.A. et al. 2003. *Lancet* 361 (9368) 1496-501.

Ovarian cancer

Ovarian cancer is the fourth most common cancer among women in the UK with around 6,900 new cases each year (1). The sugar in milk (lactose) is a risk factor (2) and one study showed that women who consumed the most lactose had twice the risk of one type of ovarian cancer than women who drank the least. It's thought that a component of lactose (galactose) may damage ovarian cells making them more susceptible to cancer (3). Another study showed that women who consumed four or more servings of dairy foods a day had double the risk of ovarian cancer compared to low or non-dairy consumers (4).

The situation becomes even clearer when you look at other countries; dairy foods showing an increased risk while pulses – such as chick peas, beans and peas – protect against ovarian

cancer (5). The message as to what we should and shouldn't be eating for good health couldn't be clearer.

1) *Cancer Research UK, 2006. Ovarian Cancer.* 2) *Cramer, D.W. et al. 1989. Lancet 2 (8654) 66-71.* 3) *Fairfield, K.M. et al. 2004. Int J Cancer. 110 (2) 271-7.* 4) *Larsson, S.C. et al. 2004. Am J Clin Nutr 80 (5) 1353-7.* 5) *Ganmaa, D. and Sato, A. 2005. Med Hypotheses 65 (6) 1028-37.*

Prostate cancer

One in 14 men in the UK will develop prostate cancer (1). Looking at the problem globally again shows clear links with diet; UK vegetarians are half as likely to get prostate cancer as meat-eaters (2) but dairy products are also linked to prostate cancer and this was first discovered in the 1980s (3). Since then, other studies have identified the components of milk which are probably responsible – including oestrogen and the growth hormone IGF-1 (4, 5, 6, 7). Eating more beans, lentils, peas, tomatoes, raisins, dates and other dried fruit significantly reduces the risk of prostate cancer (8). More recently, researchers at the Preventative Medicine Research Institute in California used a vegan diet to slow the growth of early prostate cancer (9). They had already shown that eating fruit offers some protection against the disease (4).

1) *Cancer Research UK, 2005. Prostate cancer.* 2) *NHS Direct Online Health Encyclopaedia, 2006. Cancer of the Prostate.* 3) *Snowdon, D.A. 1988. Am J Clin Nutr 48 (3) 739-48.* 4) *Giovanucci, E. et al. 1998. Cancer Res 58 (3) 442-7.* 5) *Tseng, M. et al. 2005. Am J Clin Nutr 81 (5) 1147-54.* 6) *Qin, L.Q. et al. 2004. Med Hypotheses 62 (1) 133-42.* 7) *Stattin, P. et al. 2004. Am J Clin Oncol 22 (15) 3104-12.* 8) *Mills, P.K. et al. 1989. Cancer 64 (3) 598-604.* 9) *Ornish, D. et al. 2005. J Urol 174 (3) 1065-9.*

Colic

Colic affects about one in five babies and its effects are dramatic – acute abdominal pain and crying. Since the 1970s, there has been strong evidence that colic can be caused by what a mother eats when she is breast-feeding, specifically whey proteins (1), other cow's milk proteins (2) and lactose (3). What the baby consumes also has an effect and according to Dr Benjamin Spock (author of the book *Baby and Child* with over 50 million copies sold) the proteins in cow's milk formulas can also carry blame (4). The advantage of soya infant formulas is that they contain no animal proteins, lactose or cholesterol. However, we agree with the World Health Organisation that breast-feeding provides the healthiest start for a baby.

1) *Lothe, L. and Lindberg, T. 1989. Pediatrics 83 (2) 262-6.* 2) *Jakobsson, I. and Lindberg, T. 1978. Lancet 2 (8092 Pt 1) 734.* 3) *Buckley, M., 2000. Br J Community Nurs 5 (9) 462, 464-5.* 4) *Spock, B. and Parker, S.J. 1998. Baby and Child Care. London: Simon and Schuster UK Limited.*

Constipation

Constipation is where bowel movements are infrequent or incomplete and the link with cow's milk was first made in 1954 (1). Since then, research has shown that cutting milk from the diet of a constipated child is more effective than using laxatives (2). More recent research has backed this up and the cause is thought to be milk intolerance or allergy (3, 4, 5). Again, it's important to remember that dairy products contain no fibre and fibre is essential to maintain good, healthy bowel movements.

1) *Clein, N.W. 1954. Pediatr Clin North Am 25, 949-62.* 2) *Lacono, G. et al. 1998. N Engl J Med 339 (16) 1100-4.* 3) *Daher, S. et al. 2001. Pediatr Allergy Immunol 12 (6) 339-42.* 4) *Andiran, F. et al. 2003. J Paediatr Child Health 39 (5) 329-31.* 5) *Turunen, S. et al. 2004. J Pediatr 145 (5) 606-11.*

Coronary heart disease

Coronary heart disease (CHD) is the biggest killer in the UK and is caused by a build up of fatty deposits (plaques) in the arteries which can block blood supply to the heart and lead to a heart attack. Saturated fats increase cholesterol levels which in turn increase the build up of plaques. Research in the 1980s identified dairy products as a major source of saturated fat (1) and now the UK government recommends avoiding or cutting down on fatty foods, including egg yolks, red meat, butter, whole milk, cheese, cakes and chips (2).



But it's not all doom and gloom as some foods actually reduce cholesterol levels and replacing saturated fats with unsaturated fats from plants is more effective than simply reducing your total fat intake. These healthier fats are found in avocados, seeds, nuts, dark green leafy vegetables and vegetable/seed oils such as virgin olive oil, flax seed oil and rapeseed oil.

Fibre also helps to reduce cholesterol levels and good sources include oats, beans, peas, lentils, chick peas, fruit and vegetables (3). Other studies have shown that replacing the milk protein (casein) with soya protein reduces cholesterol, even when the total fat intake remains the same (4, 5). The huge Oxford Vegetarian Study showed that vegans have lower cholesterol levels than either meat-eaters, fish-eaters or vegetarians (6). Another study showed that African-American vegans had a healthier balance of fats in their blood than vegetarians who consumed milk, milk products and eggs (7). It couldn't be clearer –

saturated animal fats increase cholesterol and the risk of CHD while fibre and soya protein lower it and reduce the risk.

1) Sacks, F.M. et al. 1985. *J Am Med Assoc* 254 (10) 1337-41. 2) NHS Direct Online Health Encyclopaedia, 2006. *Coronary Heart Disease*. 3) Food Standards Agency, 2006. *Eat well, be well website; cholesterol*. 4) Lovati, M.R. et al. 1987. *J Clin Invest* 80 (5) 1498-502. 5) Sirtori, C.R. et al. 1999. *Br J Nutr* 82 (2) 91-6. 6) Appleby, P.N. et al. 1999. *Am J Clin Nutr* 70 (3 Suppl) 525S-531S. 7) Toohay, M.L. et al. 1998. *J Am Coll Nutr* 17 (5) 425-34.

Crohn's disease

Crohn's disease is a chronic inflammatory bowel disease that affects around one in every 1,000 people in the UK (1). It may be caused by bacteria called MAP (*Mycobacterium paratuberculosis*) which infects cows and survives pasteurisation. In cows, it causes a similar condition called Johne's disease. Researchers at St George's Hospital Medical School in London found MAP in 92 per cent of patients with Crohn's disease (2) and other research has confirmed this link (3, 4).

When whole, pasteurised cow's milk was bought from shops in central and southern England, MAP was found in seven per cent of the samples, rising to 25 per cent in other samplings (5). For those already diagnosed with Crohn's, eliminating foods that aggravate it – cereals, dairy products and yeast – may avoid the need to use drugs (6).

1) Food Standards Agency, 2002. *A Review of the Evidence for a Link between Exposure to Mycobacterium paratuberculosis (MAP) and Crohn's Disease (CD) in Humans*. 2) Bull, T.J. et al. 2003. *J Clin Microbiol* 41 (7) 2915-23. 3) Autschbach, F. et al. 2005. *Gut* 54 (7) 944-9. 4) Sechi, L.A. et al. 2005. *Am J Gastroenterol* 100 (7) 1529-36. 5) Millar, D. et al. 1996. *Appl Environ Microbiol.* 62 (9) 3446-52. 6) Riordan, A.M. et al. 1993. *Lancet* 342 (8880) 1131-4.

Diabetes

Diabetes is a chronic (long lasting) disease where lack of the hormone insulin allows glucose (sugar) to build up in the blood. It is linked to many serious, long-term health problems, including those of the eyes, nerves and circulation. Diabetes affects over one million people in the UK, is rapidly increasing and there is strong evidence linking it to diet.

Type 1 diabetes

Type 1 diabetes is where the body produces little or no insulin. The peak age is between 10 and 14 years old but it is affecting more and more younger people with a steep rise in the under fives (1). Early use of cow's milk infant formula can massively increase the risk of type 1 diabetes in genetically susceptible individuals (2, 3) as can drinking milk in childhood and early adolescence (4, 5). Milk proteins are thought to trigger the disease (6) and these include casein (7), bovine serum albumin (8) and cow's insulin (9).

Type 2 diabetes

Type 2 diabetes is where the body doesn't produce enough insulin or can't use the insulin it does produce. There is a strong link with obesity and while the disease occurs mostly in people over the age of 40, it is increasingly being seen in much younger people. A study of children from 40 different countries showed that the more meat and milk they ate, the higher their risk of diabetes, while the more plant foods they ate, the lower their risk (10). A plant-centred high-fibre, low animal fat diet can greatly reduce the need for medication in patients with both type 1 and type 2 diabetes (11).



Paul Whitehill/Alamy

The evidence is strong that avoiding milk and dairy products offers protection from diabetes and that a high-complex carbohydrate, high-fibre diet is a very effective and safe way of treating it and the associated risk of coronary artery disease (12). Foods rich in complex carbohydrates include wholemeal bread, wholewheat pasta, wholegrain rice, oats, potatoes and so on.

- 1) Williams, G. and Pickup, J. 2004. *Handbook of Diabetes*. Massachusetts, US: Blackwell Publishing.
- 2) Paronen J. et al. 2000. *Diabetes* 49 (10) 1657-65.
- 3) Gerstein, H.C. 1994. *Diabetes Care* 17 (1) 13-9.
- 4) Kimpimaki, T. et al. 2001. *Diabetologia* 44 (1) 63-9.
- 5) Thorsdottir, I. and Ramel A. 2003. *Ann Nutr Metab* 47 (6) 267-75.
- 6) Martin, J.M. et al. 1991. *Ann Med* 23 (4) 447-52.
- 7) Cavallo, M.G. et al. 1996. *Lancet* 348 (9032) 926-8.
- 8) Karjalainen, J. et al. 1992. *N Engl J Med* 327 (5) 302-7.
- 9) Vaarala, O. et al. 1999. *Diabetes*. 48 (7) 1389-94.
- 10) Muntoni, S. et al. 2000. *Am J Clin Nutr* 71 (6) 1525-9.
- 11) Story, L. et al. 1985. *J Am Diet Assoc* 85 (9) 1105-10.
- 12) Anderson, J.W. et al. 1990. *Postgrad Med* 88 (2) 157-61, 164, 167-8.

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Ear infection

Ear infection is the most common health problem in young children with around one in 10 being affected by the time they are three months old (1). Food allergies are squarely in the frame (2, 3, 4). One study found that 78 per cent of children suffering from recurrent ear problems also had food allergies and of these, 86 per cent responded well when the offending food was identified and eliminated (5). Another study found that 27 per cent of children with cow's milk allergy suffered from recurrent ear infections compared to just 12 per cent of children who did not have the allergy (6). Obviously, the possibility of cow's milk allergy should be considered in all cases of ear infection, particularly in children.

1) NHS Direct Online Health Encyclopaedia, 2005. How common are ear infections? 2) Hurst, D.S. 1998. Acta Univ Ups. 3) Aydogan, B. et al. 2004. Otolaryngol Head Neck Surg 130 (6) 747-50. 4) Doner, F. et al. 2004. J Investig Allergol Clin Immunol 14 (2) 154-8. 5) Nsouli, T.M. et al. 1994. Ann Allergy 73 (3) 215-9. 6) Juntti, H. et al. 1999. Acta Otolaryngol 119 (8) 867-73.

Food poisoning

It is estimated that over five million people in the UK suffer from food poisoning each year (1) and most cases are caused by eating animal products contaminated with bacteria. *Campylobacter* is found in poultry, unpasteurised milk, red meat and untreated water whilst *Salmonella* is found in unpasteurised milk, eggs, meat and poultry (1). Another culprit, *Listeria*, is found in soft cheeses and meat pates and can cause severe illness (listeriosis) in vulnerable groups such as pregnant women, babies, elderly people and those

with reduced immunity. Between 1992 and 1996, 20 different major outbreaks of food poisoning were caused by cow's milk and dairy products with 600 people affected and 45 admitted to hospital (2). Cutting animal products out of your diet dramatically reduces your risk of food poisoning.

1) NHS Direct Online Health Encyclopaedia, 2006. Food poisoning. 2) Djuretic, T. et al. 1997. *Commun Dis Rep CDR Rev* 7 (3) R41-5.

Gallstones

If you are over 50 you have a one in 10 chance of having gallstones and the condition is increasingly being linked to obesity and a high fat intake. High-fibre, plant-based diets, on the other hand, can reduce the risk. As far back as the 1980s it was known that meat-eaters are twice as likely to develop gallstones as vegetarians (1) and over the years, proof that vegetarians are less at risk has grown (2). In fact, a veggie diet can not only help prevent gallstones but can treat the condition, too (3). It's as simple as this – the more fibre you eat, the less your risk (4).

One scientific study showed that patients who had gallstones ate fewer wholemeal products, fruit and vegetables and pulses and that obese women with gallstones ate significantly more milk, yogurt and meat (5). A well-balanced diet, which includes vegetables, fruit and wholegrain cereals and bread but which is low in animal fat is considered the best for most people (6).

1) Pixley, F. et al. 1985. *Br Med J* 291 (6487) 11-2. 2) Key, T.J. et al. 1999. *Proc Nutr Soc* 58 (2) 271-5. 3) Leitzmann, C. 2005. *Forum Nutr* (57) 147-56. 4) Segasothy, M. and Phillips, P.A., 1999. *QJM*. 5) Ostrowska, L. 2005. *Rocz Panstw Zakl Hig* 56 (1) 67-76. 6) British Liver Trust, 2005. Gallstones.

Kidney stones

A low-calcium diet used to be the recommended way of treating kidney stone patients. The problem is, over time, a low-calcium diet can affect bone health. In the 1980s, attention switched to the effect that animal protein has on kidney stone formation (1) and the link is now well-documented (2, 3, 4). A diet with normal calcium levels but with low levels of animal protein and salt is more effective than the traditional, low-calcium way of preventing kidney stones.

1) Breslau, N.A. et al. 1988. *J Clin Endocrinol Metab* 66 (1) 140-6. 2) Curhan, G.C. et al. 1993. *N Engl J Med* 328 (12) 833-8. 3) Taylor, E.N. et al. 2004. *J Am Soc Nephrol* 15 (12) 3225-32. 4) Curhan, G.C. et al. 1997. *Ann Intern Med* 126 (7) 497-504.

Insulin-like growth factor 1 (IGF-1)

The growth hormone IGF-1 controls growth and development in both cows and people but each species has very different rates of growth. IGF-1 is in cow's milk and survives pasteurisation. It crosses the intestinal wall and enters the blood. Even small increases in people's levels of IGF-1 raises the risk of several common cancers, including breast, prostate, lung and colon (1). Higher intakes of milk and dairy products are linked to raised levels of IGF-1, while high vegetable consumption, particularly tomatoes, are linked to lower levels of IGF-1 (2). Increasing cow's milk intake from 200 to 600ml a day produced a 30 per cent

increase in IGF-1 in young boys (3). The research is clear – cow's milk and dairy products increase levels of IGF-1, which in turn increase the risk of many cancers.

1) Wu, Y. et al. 2002. *Cancer Res* 62 (4) 1030-5. 2) Gunnell, D. et al. 2003. *Br J Cancer* 88 (11) 1682-6. 3) Hoppe, C. et al. 2004. *Am J Clin Nutr* 80 (2) 447-52.

Lactose intolerance

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

95% of Asian people

75% of Afro-Caribbean people

50% of Mediterranean people

10% of Northern European people

Source NHS Direct, 2005 (1).

All babies have the enzyme lactase needed to digest lactose (milk sugar) but most lose it after weaning around the age of two. Without lactase, lactose ferments in the large intestine and produces gas. The result can be nausea, cramps, bloating, wind and diarrhoea and you usually know about them a couple of hours after eating. The treatment is simple – avoid lactose, which means cutting out all dairy foods and checking labels for lactose in bread, chocolate and other processed foods.

1) NHS Direct Online Health Encyclopaedia, 2005. *Lactose Intolerance*.

Migraine

Almost six million people in the UK are affected by migraine. The most common foods known to be triggers include dairy products (particularly cheese), chocolate, alcohol (particularly red wine), caffeine, citrus fruits, nuts, fried foods and foods containing monosodium glutamate (1). Allergy UK lists Stilton, Brie, Camembert and Emmenthal as the third most common cause of food-induced migraine after alcohol and chocolate (2). A study at Great Ormond Street Children's Hospital in London showed that cow's milk was the food most likely to provoke a migraine in children who already had the condition (3). Cow's milk should always be considered in migraine cases.

1) NHS Direct Online Health Encyclopaedia, 2005. *Migraine*. 2) Allergy UK, 2005. *Migraine*. (Fact sheet) London: Allergy UK. 3) Egger, J. et al. 1983. *Lancet*. 2 (8355) 865-9.



Multiple sclerosis and autoimmunity

Multiple sclerosis (MS) affects around 85,000 people in the UK and as with other autoimmune diseases (where a person's own immune system attacks their body), a combination of genetic and environmental factors are thought to act as triggers. Diet is one of them. Several studies link milk with MS (1, 2) and it is thought that it may be a virus in the milk which is responsible (3). There is also evidence that a high intake of saturated fats may increase the risk while unsaturated fats, vitamin D and antioxidants reduce it (4). An important long-term study of MS patients showed that those eating a diet low in saturated (mainly animal) fats greatly reduces the progression of the disease; whereas those that consumed a 'poor' diet high in animal fats were much more likely to die from MS-related diseases (5).

The overall message is yet again clear – a plant-based diet low in fat, salt, sugar and processed foods and high in fresh fruits, vegetables, wholegrains, pulses, nuts and seeds may reduce the risk of MS or prevent making it worse. As the risk of most autoimmune diseases such as diabetes increases with the consumption of animal foods, this diet could also help prevent other autoimmune conditions that occur increasingly among people who consume high levels of dairy and meat products.

1) Agranoff, B.W. and Goldberg, D. 1974. *Lancet*. 2 (7888) 1061-6. 2) Butcher, J. 1976. *N Z Med J* 83 (566) 427-30. 3) Malosse, D. et al. 1992. *Neuroepidemiology* 11 (4-6) 304-12. 4) Schwarz, S. and Leweling, H. 2005. *Mult Scler* 11 (1) 24-32. 5) Swank, R.L. 1990. *Lancet* (336) 37-39

Obesity and being overweight

In 2004, the UK Foods Standards Agency reckoned that 42 per cent of men and 32 per cent of women were overweight and 25 per cent of men and 20 per cent of women were obese (1). The British Medical Association is particularly concerned about childhood obesity as levels soar (2). Lack of physical activity is part of the problem but diet plays a major role. The World Health Organisation blames the rise on a shift away from diets high in complex carbohydrates towards those high in saturated (mostly animal) fats and sugars (3). Whole milk, cheese, cream, butter, ice cream and other dairy products contain significant amounts of saturated fat and cholesterol. While we need a certain amount of 'good', unsaturated vegetable fats in the diet we don't need saturated fats at all.

1) FSA, 2004. *National Diet and Nutrition Survey: adults aged 19 to 64 years*. London: TSO. Vol 4. 2) British Medical Association, 2005. *Preventing Childhood Obesity* London: BMA. 3) The World Health Organisation, 2005. *Obesity and Overweight*.

Osteoporosis

Osteoporosis is another of the diseases which is on the increase with one in two women and one in five men suffering a fracture after the age of 50 (1). While we're constantly being encouraged to drink more milk and eat more dairy products for the sake of our bones, a recent major review of the subject concluded that we

should not (2). In fact, the evidence is that dairy is part of the problem and not the solution! American women are among the biggest consumers of calcium in the world yet they have one of the highest levels of osteoporosis (3).

A 12-year study of over 75,000 women came to the conclusion that dairy products actually increase the risk of fracture (4). Other studies show that animal protein, including that in milk, increases the risk of bone loss – the more animal protein you eat, the higher your risk of osteoporosis (3, 5, 6, 7). High intakes of animal protein from dairy, eggs, meat and fish are very acidic and so the body tries to neutralise the acid by leaching calcium from its bones – bad news for those on a typical Western diet which is heavy on animal protein.

Physical exercise, especially weight-bearing exercise such as walking, is the most critical factor for maintaining healthy bones (8, 9). For those concerned about calcium, good plant-based sources include dark green leafy vegetables, pulses, dried fruits, nuts and seeds, tofu (soya bean curd) and calcium-enriched soya milk (see page 8). Although dairy is high in calcium it isn't as well absorbed as that from dark green leafy vegetables (2).

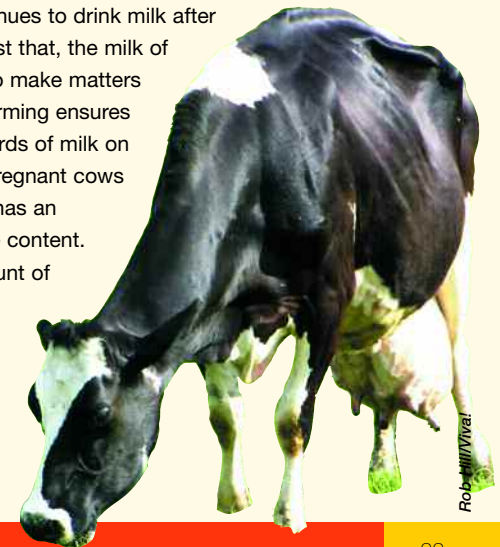
1) National Osteoporosis Society, 2005. *What is Osteoporosis?* 2) Lanou, A.J. et al. 2005. *Pediatrics* 115 (3) 736-743. 3) Frassetto, L.A. et al. 2000. *J Gerontol* 55 (10) M585-92. 4) Feskanich, D. et al. 1997. *Am J Public Health* 87 (6) 992-7. 5) Marsh, A.G. et al. 1988. *Am J Clin Nutr* 48 (3 Supplement) 837-41. 6) Sellmeyer, D.E. et al. 2001. *Am J Clin Nutr* 73 (1) 118-22. 7) Abelow, B.J. et al. 1992. *Calcif Tissue Int* 50 (1) 14-8. 8) Lloyd, T. et al. 2004. *J Pediatr* 144 (6) 776-782. 9) Wickham, C.A. 1989. *Br Med J* 299 (6704) 889-92.

Conclusion

Cow's milk and dairy products are not essential for good health; in fact they're harmful! The nutrients in dairy foods are widely available from healthier, plant sources that don't contain saturated animal fat, animal protein, cholesterol, hormones and growth factors. These harmful substances are linked to a wide range of illnesses and diseases.

It's not really surprising that cow's milk is such an unsuitable food for people when it is designed by nature to meet the nutritional needs of a calf, which are very different to the needs of a human baby – or adult for that matter! We are the only mammal that continues to drink milk after weaning but not just that, the milk of another species. To make matters worse, intensive farming ensures that around two thirds of milk on sale comes from pregnant cows and subsequently has an increased hormone content.

An increasing amount of sound scientific evidence is unearthing the unhealthy consequences of consuming dairy products.

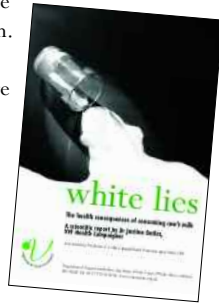


Rob Hill/Visual

White lies

The information in this guide comes from the health charity, Vegetarian & Vegan Foundation. Its massive report on dairy and health, *White Lies*, runs to 76 pages and reviews more than 200 scientific studies. Got questions about dairy? You'll find the answers here!

Protect your and your family's health today. Send just £5 (inc p&p) and receive the *White Lies* report. You will also receive, absolutely free, two colourful VVF guides.



The L Plate Vegan 36 pages of brilliant shopping advice for new vegans. Let us take you by the hand and guide you around the shops.

How to be dairy-free Health advice and 20 vegan recipes - colourful, simple and utterly delicious (36 pages).



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Shopping for dairy-free alternatives

Okay, so now you know that a diet of saturated animal fat, cholesterol, animal protein, hormones and growth factors isn't healthy and that cow's milk, butter, cheese, cream, ice cream and other dairy products contain these things in spades. What can you do about it? The first thing is to concentrate on eating fruit and vegetables, wholegrains such as wholemeal bread, brown rice and brown pasta, pulses such as peas, all types of beans and lentils, unsaturated fats including omega-3 fatty acids, as well as nuts and seeds, to get maximum benefit for your health. You will not only get all the nutrients you need but plenty of antioxidants and fibre as well.

The other good news is that there's a whole range of dairy-free alternatives that look and taste very similar to dairy and which you use in a similar way. They are available in health food shops and from specialist online companies. For example, Blue Lotus make a wide range of luxurious vegan cakes available by post to send to loved ones, clients or colleagues. Dietary Needs Direct make specialist celebration vegan chocolates for Valentine's Day, Easter, Halloween, Christmas and so on. You can choose from chocolate heart boxes, chocolate filled bunnies or Easter eggs.

These dairy-free foods provide a much healthier source of nutrients than their dairy equivalents. The list of dairy-free plant milks, spreads, cream, 'cheeses' and ice creams which follows shows just how much choice there is for the dairy-free shopper.

Soya milk

Soya milk is made from soya beans and contains the same amount of protein as dairy milk, all eight of the essential amino acids which the human body needs, is rich in polyunsaturated fatty acids, including omega-3, and is cholesterol free. It contains less saturated fat and more unsaturated fats than cow's milk and is an excellent source of B vitamins, calcium, iron and zinc. Soya also contains fibre, which is important for good bowel health and can help lower cholesterol levels.

Soya milks come in a variety of types: sweetened, unsweetened, calcium-enriched, organic, with wheat syrup and as flavoured milkshakes. They can be drunk straight from the carton, used in hot drinks, poured on cereal and used for cooking in exactly the same way as cow's milk. Each one tastes different so try several until you find the ones that suit you.

Although everyone refers to soya milk, it is officially called 'soya drink' or 'soya alternative to dairy milk' as EC labelling regulations decided these were more accurate descriptions.

***Alpro Soya Dairy-Free Alternative to Milk** – in a wide range of long-life varieties including sweetened, unsweetened, with calcium and vitamins and vanilla flavoured. Also look out for fresh, chilled **Alpro Soya Fresh** – dairy-free alternative to milk with calcium and vitamins – also available in unsweetened and chocolate varieties and **Alpro Soya Soleil** – unsweetened soya drink. And the new **Alpro Light** – with only 1.2 per cent fat –*

comes chilled unsweetened or long life plus multivitamins.

***Plamil Organic Soya Alternative to Milk** – simply made with water and organic soya beans.*

***Lima Soya Drink Natural** – organic soya drink and **Lima Cereals and Soya Drink** – organic drink made with rice, oats and soya.*

***Soy Dream** – soya drink with calcium and vitamins, available in original, vanilla or chocolate flavours.*

***White Wave Soya** – calcium-enriched soya drink with vitamins.*

***Granose** – organic soya drink with no added sugar.*

***Vitasoy** – soya drinks available in creamy original, **CALCIPLUS** and chocolate delight.*

***Bonsoy** – soya dairy-free alternative to milk.*

***Sojade** – organic soya drink available in natural or sweetened with apple juice plus calcium.*

***NaturGreen Soja Calcium** – healthy and nutritious soya drink made with marine algae calcium.*

Rice milk

Most rice milks are made from brown rice and tend to be sweeter and thinner than cow's milk. A rich source of easily-digestible complex carbohydrates and, like soya milk, is lactose-free, which makes it ideal for people with cow's milk allergies or lactose intolerance. Many rice milks are fortified with calcium and vitamins and don't contain as much protein as soya milk – not a problem as a well-balanced vegetarian diet contains all the protein you need. The low fat content of rice milk can help combat diseases such as obesity, diabetes, heart disease and some cancers.

Rice Dream – a pleasant tasting, dairy-free alternative made from rice – available in organic original and vanilla. Also available in calcium and hazelnut-almond.

Rice & Rice – rice drink, either natural or plus calcium.

Lima Rice Drink – in either original or hazelnut and almond.

Provamel Rice – a light refreshing drink made from filtered water and rice available in organic or plus calcium and vitamins.

Kallo – low fat rice drink.

Oat milk

Oat milks contain a well-balanced mix of fat, protein, complex carbohydrates, vitamins and minerals and are especially rich in vitamin E and folic acid. Oat fibre can reduce cholesterol levels and so lower the risk of heart disease.

Oatly – organic and cream

Lima – organic oat drink made with wholegrain oats, also available enriched with calcium.

Others...

EcoMil – the new generation of dairy-free milk alternatives.

Premium organic raw materials are used to produce these drinks including almond, soya & cereals drink, hazelnut drink, quinoa drink and almond drink with agave syrup. These drinks can be used in all non-dairy alternatives, cooking, baking, with cereals or as a drink.

Evernat – organic, nut-based drinks in hazelnut or almond.

Shakes

Alpro Soya Dairy-Free Shake – 1 litre carton in chocolate with calcium and vitamins. **Alpro Soya Dairy-Free Shake** (formally **Alpro Soya OY**) – small cartons of dairy-free soya drinks in banana, chocolate and strawberry flavours.

Probiotic drinks

Sojasun Actisun – dairy-free soya drink with probiotic live cultures and calcium.

Butter

It couldn't be easier to switch from butter to plant margarines, although some do contain milk derivatives such as whey or E-numbers from an animal source, but most health food shops stock at least one vegan margarine. Also watch out for those containing hydrogenated fat, which is every bit as damaging as saturated fat and has a seriously negative impact on health.

Pure – a range of dairy-free spreads including organic spread, soya spread, and sunflower spread with omega-3 and omega-6 fatty acids.

Granose – vegetable margarine.

Suma – sunflower spread, or organic reduced-fat sunflower spread, soya spread and new organic olive spread.

Biona – organic non-hydrogenated vegetable margarine and organic olive extra spread.

Vitaquell – extra margarine and non-dairy organic margarine.

Rakusen's Tomor – two types of dairy-free margarine – **Tomor** hard block and **Tomor** sunflower tub.

Cheese

Cheese is usually made from cow, sheep, goat or buffalo milk and mostly uses a curdling agent called rennet, extracted from the stomachs of dead calves. These cheeses aren't even vegetarian. There are, however, plenty of hard and soft dairy-free cheeses available.

Hard vegan cheeses

Redwood Cheezly – free from animal ingredients and perfect for vegetarians and vegans as well as those who are lactose intolerant or allergic to casein. No hydrogenated fats, artificial colours or preservatives, cholesterol or genetically modified ingredients. Flavours and styles include award-winning super-melting types in a block. Cheezly: white Cheddar style, white Cheddar style with cranberries, red Cheddar style, garlic & herb, nacho, and Cheezly with streaky-style rasher pieces. Super Melting Cheezly: Mozzarella style, Gouda style and Edam style.

Bute Island Sheese – a dairy-free soya alternative to cheese available in Creamy Sheese: garlic & herb, Cheddar style spread, original, chive, Mexican style and Sheese: strong Cheddar, medium Cheddar, Cheddar with chives, smoked Cheddar, Edam, Gouda, blue, Cheshire and Mozzarella. With all these options

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you can grate Mozzarella on your pizzas, make Sheesy sauces and have Sheese and pickle sandwiches again.

Tofutti Creamy Smooth Slices – a delicious dairy-free alternative to cheese slices in Cheddar and Mozzarella style.

Galaxy Soya Slices – dairy-free slices available in Mozzarella style.

Vegerella – Cheddar, Mexican and Italian flavours.

Soft vegan cheeses

Tofutti Creamy Smooth – a totally delicious dairy-free, gluten-free alternative to cream cheese available in original, French onion, herb & chive, garlic & herb, and country vegetable. Original variety can be used in desserts – it tastes great in cheesecake!

Biona Organic Creamy Spreads – including country with wild garlic and green spelt, Toscana with olives, tomatoes and basil and Styria with pumpkin seeds and soya.

Fromsoya – horseradish, French onion and garlic and herb flavours.

Swedish Soft – a new, dairy-free alternative to cream cheese in original and herb and garlic.

Parmesan

Florentino Parmazano – grated mature-style hard cheese alternative.

Marigold Engevita Nutritional Yeast Flakes – vegan yeast flakes with a cheesy, nutty taste, rich in protein and B vitamins.

Soya yogurts, desserts and custard

There are plenty of dairy-free alternatives to milk-based puddings.

Alpro Soya Dairy-Free Alternative to Yogurt – dairy-free soya yogurts including strawberry with calcium, peach with calcium, vanilla & raspberry with calcium, red cherry organic, peach & mango organic, forest fruits with calcium, peach, plain organic and blueberry. **Alpro Soya OY** – smooth peach & pear and smooth strawberry & banana. **Alpro Soya Dairy-Free Soya Desserts** – delicious old favourites available in four flavours: vanilla, chocolate, caramel and forest fruits all with calcium.

Sojasun – little organic soya desserts available in natural, black cherry, lemon, apricot & guava, raspberry & passion fruit, strawberry and prune.

Sojade – live soya yogurts available in natural, apricot, cherry, banana and blueberry. Also Sojade fresh chocolate soya desserts.

Children love soya ice cream!



Rice & Rice – organic rice dessert available in vanilla, cocoa and caramel.

Lima Cereals and Soya Dessert – organic vanilla and chocolate.

Alpro Soya Dairy-Free Custard – a delicious custard dessert made with a blend of hulled soya beans and water available in vanilla with calcium.

Just Wholefoods All Natural Custard Powder – vanilla flavoured custard powder.

Bird's Custard Powder – also vegan.

Ice Cream

Many ice creams contain dairy products either in the form of cow's milk or milk derivatives. However, there are loads of truly delicious and widely available vegan ice creams out there!

It's easy to be dairy-free!

B'Nice – for those who want to avoid soya, there is a dairy-free, soya-free frozen dessert from Beanie's Health Foods made from rice. Free from gluten, cholesterol, hydrogenated fats and containing no GM ingredients. In vanilla, strawberry, chocolate and mint. **B'Nice** strawberry rice cream was nominated for best new product in the Yaoh 007 Vegan Environmental Awards and **B'Nice** vanilla rice cream won the best non-dairy food product category in Peta's Progy Awards 2007.

Tofutti Organic Non-Dairy Frozen Dessert – including vanilla, chocolate, strawberry and mango & passion fruit. Also available in four litre catering tubs for real enthusiasts! **Tofutti Rock 'n' Roll Cones** – filled with dairy free Madagascan vanilla frozen dessert topped with chocolate flavour coating and pecan nuts. **Tofutti Chocolate Fudge Cakes** – a delicious dairy-free frozen soya dessert roll with chocolate fudge ribbonette and a dark chocolate flavoured coating. **Tofutti Cuties** – snack-size iced dessert sandwiched between chewy wafers (currently unavailable but due to be reintroduced in early 2008).

Oat Supreme (formerly known as Glace Supreme) – with no artificial additives, colouring or flavourings, has all the creamy qualities of dairy ice cream but none of the animal fats. Choose from vanilla, chocolate, strawberry and vanilla chocolate fudge swirl.

Oat Supreme Lite – Cornish style dairy-free ice cream suitable for slimmers and diabetics. Sugar-free with less than 40 calories per 100ml. **Supreme** – non-dairy oat ice cream choc-bar on a stick.

Swedish Glacé – non-dairy, soft-scoop frozen dessert available in rich chocolate, smooth vanilla, strawberry ripple, raspberry ripple, mocha and coffee ripple, soft caramel and soon to come, wild blueberry. **Swedish Glace Smooth Vanilla** – vegan choc ices on a stick now available in some supermarkets.

Ecomil Natural Nutrition

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Available at Waitrose, Holland & Barrett & all health and organic shops UK-wide

Mother Hemp – vanilla, strawberry and mint choc chip.

Booja-Booja Stuff in a Tub – a new utterly delicious alternative to dairy ice cream (made from cashew nuts) with all the creamy, sumptuous indulgence you would expect of the very best luxury ice cream but contains no dairy, soya or rice. It is gluten-free and cholesterol-free. Available in keep smiling vanilla m'gorilla, hunky punky chocolate, coconut hullabaloo, feisty winjin ginger and pompompous maple pecan.

Cream

There are many different types of dairy-free cream available now including dairy-free squirty cream in a can! Can be used on desserts, cakes or in savoury dishes.

Granose Long-Life Soya Cream – alternative to dairy cream.

Alpro Soya Dairy-Free Alternative to Single Cream – dairy free alternative to single cream is great in puddings, for pouring over desserts and works well in savoury sauces.

Tofutti Sour Supreme – imitation sour cream.

Soyatoo! – perfect for cream teas, cheesecakes, mousses, Victoria sponge fillings and just general dessert topping. Available as whipping cream in a carton for pouring when you want a rich cream or whipping to a thick consistency. Also available as squirty spray cream in a can for the convenience of thick cream without the whipping.

Oat Supreme – dairy-free cream made from oats. Can be used as a pouring single cream or made into soured cream by adding a pinch of salt and half a teaspoon of lemon juice.

Chocolate

Milk chocolate obviously contains milk but there is plenty of dairy-free chocolate available from your health food shop and Viva! – go to www.viva.org.uk/vivashop.

Plamil – non-dairy chocolate available in plain, mint, roasted hazelnut, orange and 'alternative to milk chocolate' – milk chocolate taste without the dairy.

Plamil Organic – non-dairy organic chocolate available in plain (87%), ginger, cayenne, mint, orange and expressions (organic milk chocolate taste without the dairy).

Plamil Sugar-Free – available in plain and with shelled hemp.

Organica – a range of organic chocolate bars including organic hazelnut nougat and dark chocolate bar, organic golden coconut and dark chocolate bar and organic Swiss dark chocolate with hazelnut, organic Swiss dark chocolate and premium Swiss chocolate couverture bar – vegan, fair trade, organic, dairy-free 'milk' chocolate.

Green and Black – dairy-free organic dark chocolate including organic dark 70%, organic fairtrade Maya gold (with orange and spices) and organic dark with either hazelnuts and currants, mint, espresso, cherry, caramelised almond, ginger, hazelnut and almond and Brazil nuts. Green and Black also make dairy-free hot chocolate!

Divine – dark chocolate with 70% cocoa in large and small bars plus whole Brazil nuts, apricots or mango slices covered in Divine dark chocolate.

Humdinger Dairy-Free Chocolate – tangerine bar and rice crackle bar.

It's easy to be dairy-free!

Lyme Regis Plain Chocolate Covered Marzipan – in plain, orange and organic.

Booja-Booja – delicious dairy-free truffles which include Cognac flambéd banana, hazelnut crunch and around midnight espresso.

The Cocoa Tree – hand-made vegan chocolate bars made from organic fairtrade chocolate available with fruit and nut, orange, hazelnuts, roast almonds or ginger.

Montezuma's – dairy-free chocolate includes dark chocolate (73% cocoa), Emperor bar chilli chocolate, ginger in dark chocolate, lemon, orange or mango pieces dipped in dark chocolate and speciality bars – gourmet gorilla (every bar you buy contributes to the Dian Fossey Gorilla Fund).

Chocolate Alchemist – luxury drinking chocolate with nutmeg. Also dark chocolate with ginger.

Tofu

Tofu is also known as bean curd and is a mild-tasting product made from soya beans. There are different types and the best for savoury cooking such as quiches is the firm sort, while softer, silken, tofu works better in desserts such as mousses and cheesecakes.

Cauldron – versatile and full of protein, choose from blocks of organic, organic smoked, tangy marinated (block or pieces) and plain and simple.

Dragonfly Tofu – organic natural, organic deep-fried and organic smoked. Dragonfly's Natural Tofu won the first Soyafood Organic Food Awards in 1998, organised by the Soil Association, an award it has since won for its Fennel Beany and Soysage.

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It's easy to be dairy-free!

Clear Spot – organic, naturally smoked and marinated tofu. Also **Clear Spot Tofu Sea Cakes** – containing sea vegetables and **Clear Spot Sesame Burgers**.

Demeter Tofu – made from 'biodynamic' cultivated soya beans, and silken tofu.

Mori-Nu – silken tofu.

Tossolia – traditional and vegan available with olives, basil, mustard and smoked.

Taifun – organic tofu available in original, rosso, basil, smoked with herbs & sunflower seeds and smoked with almonds & sesame seeds.

Viana – hazelnut tofu.

Mayonnaise

Plamil Egg-Free Mayonnaise – a light, smooth, delicious vegan mayonnaise available in plain, garlic, chilli, tarragon, organic plain and organic lemongrass.

These are just some of the dairy-free alternatives available in your local health food shop. Be imaginative when you are shopping, don't be afraid to try new things and if you don't like one particular type of food, try another. Remember, you can always ask the shop assistant for help and advice as they will be only too pleased to offer some guidance. There is so much choice out there now that you are bound to discover a few choice items that you and your family will rave about! If you want more advice – recipes suggestions, nutritional concerns or just a friendly chat about going dairy-free – contact the Vegetarian & Vegan Foundation – we are happy to help.



caring for all naturally

- ✓ dairy free
- ✓ wheat & gluten* free
- ✓ cholesterol free
- ✓ soya based
- ✓ all natural ingredients
- ✓ no artificial colours or preservatives
- ✓ non hydrogenated fats and oils

Cheezy

the dairy free alternative to cheese



Varieties include Cheddar style, garlic and herb, nacho, cheddar style with cranberries.



Super melting varieties Gouda, Edam Mozzarella & Cheddar style. New Greek style Cheezy in oil!

You can find *Cheezy* in your local independent health store, Holland & Barrett and selected branches of Waitrose, Morrisons and Tesco. If you are having problems finding your nearest stockist please phone 01536 400557

* except cheezy with bacon & chive flavours

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It's easy to be dairy-free!

There is strong evidence that cow's milk is not the wonder food it's often labelled and that the saturated fat, cholesterol, animal protein (casein), hormones and growth factors it contains can be damaging to health. This guide goes through the science that links dairy to ill health – from cancer to heart disease, allergies to diabetes – and explains it all in simple terms. But it does much more than this.

Use your health food shop

It's easy to be dairy-free! explains the basics of good health and gives details of the vast range of dairy-free alternatives that are now available – soya, oat and rice milks, shakes, probiotics and yogurts, margarines and cheeses, desserts, custard and ice cream and not forgetting chocolate. You won't miss out on nutrients or taste and your health food shop is the place to start. It stocks many of the products listed or they can probably obtain them for you.



All the health information in this guide comes from the 76-page scientific report *White Lies*, which reviews over 260 research papers. It is published by the health charity, Vegetarian & Vegan Foundation, Top Suite, 8 York Court, Wilder Street, Bristol BS2 8QH. Tel: 0117 970 5190. E: info@vegetarain.org.uk. W: www.vegetarian.org.uk

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