

# Handy Guide to Dairy Free Living

## Dairy-free, hassle-free

Once you get the hang of the vegan basics, it is very simple. Dairy free options are available from all major supermarkets now, ranging from chocolate to 'cheese', from sausages to soya milk! We've given you pointers about lots of new products. If you'd like to find out even more, check out **How to be Dairy Free** which includes 20 vegan recipes and the L-Plate Vegan, £1.50 inc p&tp or the Animal-Free Shopper, £4.99 plus £1.00 p&tp. All available from Viva!.

## Soya Milk Tips

Remember: Soya milk is great in tea. Fresh Provamel Alpro Soya (as opposed to the ordinary UHT packs) and So Good don't curdle in coffee.

UHT soya milk does curdle sometimes, depending on the brand of coffee, so follow these tips:

- Heat soya milk – the heating process stops it curdling
- If you don't have time for that, let the coffee cool a little or add some cold water. Then add the coffee to the soya milk rather than the other way round

## Viva! and VVF Taste Test - Soya Milk recommendations

Top of the list came

- Alpro sweetened (blue)
- Alpro Orange was a close runner-up
- We also liked White Wave, So Good and Soleil

Almond milk (especially Ecomil's organic) was also very popular as a drink in its own right, on cereal or in a smoothie!

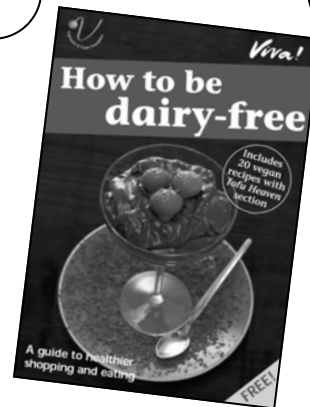
Remember - everyone's taste buds are different, so you might want to experiment. There are also other types of milk, such as rice and oat, which some people prefer. However, they aren't as high in calcium as the soya products – although all are very healthy.

## Calcium Checklist

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. They obtain theirs from 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 and 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 sesame paste.)

Dairy is a difficult food group to digest and triggers the most allergies even amongst Caucasians, who tolerate dairy relatively well compared to people of African and Asian descent. Westerners have the highest levels of osteoporosis (brittle bones) yet eat the most dairy! Compare this to low levels of osteoporosis in other parts of the world where people eat little or none. Diets high in animal protein (in dairy, eggs, meat and fish) actually rid the body of calcium, so it's far better to get your calcium from plant sources in the first place! Because animal foods are very acidic, the body tries to neutralise the acid by leaching calcium from its bones - bad news for those on a typically heavy animal protein Western diet. And remember - low-fat milk and cheeses are high in damaging animal protein too!

We're the only species that continues to drink milk after we're weaned (apart from cats that we control). Just think about going over to a cow, shoving her calf out of the way and suckling from her, and you'll understand how odd - and cruel - it really is! Follow a balanced dairy-free diet, take regular weight-bearing exercise such as walking, running or gym work, don't smoke - and you will have strong bones!



The information on this sheet is taken from How to be Dairy Free, which is packed full of useful tips, list of dairy-free suppliers and 20 vegan recipes. You can get a free copy from Viva! (see address below) or read it/download a copy online at [www.milkmyths.org.uk](http://www.milkmyths.org.uk).

## Chain Gang - Food and Coffee Outlets

It's amazing where you can get dairy-free food and drink nowadays. The UK is catching up with the USA in this respect, and as greater numbers of people turn to a dairy-free lifestyle, more companies are offering alternatives. It's always good to ask – the more requests a company gets, the more likely it is to make changes!

AMT – soya milk at no extra charge. National/railway stations.

Boots – Free From lunch range includes a couple of vegan sandwiches, plus small cartons of soya milk and a vegan snack bar.

Caffe Nero – soya milk on request at 30p extra. National.

Coffee Republic – soya milk on request at 35p extra. Mainly South East, although Manchester and Birmingham branches also.

Costa Coffee – soya milk at no extra charge and soya lattes etc included on their menu. National, including airports/railway stations.

Prêt à Manger – always stock at least one vegan sandwich.

Ritazza – soya milk on request at no extra cost. National, including motorway services.

Starbucks – sell a falafel, hummus and salad wrap which is vegan. They also stock soya milk on request at an extra 35p. National, including kiosks in the Borders.

Wetherspoons – sell several vegan items, including a veggie burger. All their products are clearly marked on the menu. They even provide vegan margarine! National pub chain.

# Viva!

Viva!

8 York Court, Wilder Street, Bristol BS2 8QH  
Tel: 0117 944 1000  
W: [www.viva.org.uk](http://www.viva.org.uk). E: [info@viva.org.uk](mailto:info@viva.org.uk)



Vegetarian & Vegan Foundation  
(reg. charity no. 1037486)  
Top Suite  
8 York Court, Wilder Street,  
Bristol BS2 8QH  
Tel: 0117 970 5190  
W: [www.vegetarian.org.uk](http://www.vegetarian.org.uk)  
E: [info@vegetarian.org.uk](mailto:info@vegetarian.org.uk)

## What's In the Dairy-Free Fridge?

**Butter** – replace with dairy-free spread. Pure's Dairy Free Soya Spread and Dairy Free Sunflower Spread are sold at all big supermarkets and taste good. Other brands include Granose, Suma, Biona, Vitaquell – all available from most health stores  
**Chocolate** – oh, yes. Ok, here's the bad news - milk chocolate contains, yes you've guessed it – milk! But here's the good news...

**Milk style chocolate** - scrummy alternatives, such as Free From and Plamil bars are available from supermarkets and health stores Plain chocolate - plain or dark chocolate is often dairy free (just check there's no butterfat) and is widely available from supermarkets and health stores. Brands to look for:

Green & Black 70%, Lindt 70%, Divine Plain, Kinnerton's Luxury Plain, Tesco Value After Dinner Mints are not only cheap but much nicer than their rivals! Ignore the cheapo packaging and dive into that thick chocolaty minty heaven... Usually next to After Eights – which are also vegan

**More chocolate!** - the divinely decadent Booja-Booja range... they have to be tasted to be believed! You can buy them in good delis, health stores – and from Viva! In fact, check out our Gifts For Life catalogue to see the fabulous range of chocolate on offer, from coconut choccy bars to chocolate covered mango and everything in-between!

**Cheese** – You won't be able to replace that hunk of Brie or blue cheese and we're not even going to pretend – but there are some good dairy-free alternatives. Here are some of our faves:

Hard - the main brands are:

Redwood's Cheezly (from health shops or direct from Redwood, note - Viva! Supporters get a 10% discount on orders of £25 or more via mail order!) –

Melting Cheezly in blocks: Mozzarella (Holland & Barrett), Cheddar (from Tesco, Holland & Barrett and Waitrose), Gouda and Edam flavours

Non-melting Cheezly in blocks: Garlic & Herb, Nachos Style, Red Cheddar and Cheddar with bacon-style pieces flavours (from health shops or direct)

Melting Cheezly Mozzarella and Cheddar flavour in slices (health shops or direct)

Scheese (available from health stores) in no less than nine flavours including Cheddar, Hickory Smoked and Mozzarella

Tofutti melting 'Mozzarella' style cheese slices

Parmesan style Florentino Parmezano is found pre-grated in little tubs at most good supermarkets and health stores. Very good with Italian dishes

**Cream Cheese** – dairy-free cream cheese is delicious and comes in several flavours. It's great on crackers or toast – and the plain stuff makes a mean cheesecake. Available in health stores:

Tofutti – Original (plain), French Herb, Garlic & Herb, Herbs & Chives

Redwood – Sour Cream and Chive, Garlic and Herb

Fromsoy – Horseradish, French Onion, Garlic and Herb

**Cream** – You can still enjoy the richness of cream, but without the health risks!

Single – Provamel Alpro Soya Dream is available from major supermarkets and health stores, Granose Soya Creem from health stores

Double – Soya Too whipping cream and squirty whipped cream are only available at present from branches of Fresh & Wild (London or Bristol) but you can buy them mail order from Vegan Store ([www.veganstore.co.uk](http://www.veganstore.co.uk))

**Custard** – Provamel Alpro make superb custard in a carton. Their Soya Dessert (available in Vanilla, Chocolate or Caramel) is another winner – and as well as lavishing it on fruit and so forth. Find these products in the Free From section of a good supermarket or else at your health store

**Ice cream** – Enjoy that summer moment without dairy.

Swedish Glace is available in most big supermarkets. Flavours include delicious Vanilla, Raspberry, Strawberry, Chocolate, Mocha & Chocolate and Caramel

Tofutti is another fantastic brand. Look out for Better Pecan, Madagascar Vanilla, Strawberry Supreme, Chocolate Cookies and Vanilla Chocolate Fudge. They also produce Rock'n'Roll, which is rather like Vienetta – but dairy-free of course!

First Glacé Oat Supreme is another excellent choice, available in health stores

Mother Hemp has its own gorgeous range also: Vanilla, Strawberry and Mint Choc Chip, made from creamy hemp seed milk. Available from health stores

Free From Range – most of the major supermarkets have a 'Free-From' section, where you will find some dairy-free products. Try the 'organic' or 'health' sections also, as these usually have goodies such as veggie Worcestershire sauce, egg and dairy-free mayonnaise and suchlike.

**Mayonnaise** – not saturated with egg and suchlike, but creamy-luscious and animal free, such as Plamil's Soyonnaise, which is available in big supermarkets (try the Free From section) as well as health stores.

**Milk** – soya, oat, nut and rice, not stolen from a cow! Soya milk is another good source of calcium and you can use it in tea and coffee, as well as on cereal and in cooking – just as you would cow's milk. Good brands include:

Provamel's Alpro Soya Sweetened (non-chilled with vitamins and calcium) and Alpro Soya (chilled) (available from supermarkets)

So Good (chilled, with calcium and B12)

Supermarket own brands (usually made by Provamel)

There are several varieties, including some fortified with extra calcium and vitamins and there are also other milks such as oat, rice and almond. See over for the Viva! and VVF Taste Test!

Nuts – almonds and cashews make a great cream substitute in both sweet and savoury foods. Grind them down as fine as you can in a grinder/blender and then add to smoothies, sauces and so on.

Chock full of goodness too

**Tofu** – the wonderfood! It's made from soya beans and has been a popular standard in the Orient for thousands of years. It contains excellent levels of calcium, folate and other vitamins as well as being high in healthy vegetable protein and low in cholesterol and fat. The smoked and marinated varieties are great in savoury dishes and the silken version in sweet foods. Brands to look for:

Cauldron – firm - plain or smoked - good for stir-fries or lasagne. Available from large supermarkets and health stores

Morinu – silken tofu, a wonderful egg-replacer for quiches, mousses and such like. Available from large supermarkets, health stores and Oriental stores

Dragonfly, Clear Spot and other brands available from your health store, often organic

If you live in a largeish town or city, look for your local Oriental supermarket - they also stock tofu of different varieties and it's often much cheaper than elsewhere

**Yeast Flakes** also add a slightly cheesy taste to savoury dishes.

Marigold (the vegetable stock powder people) make it; it's available in large tubs with 'Marigold Engevita' on the side.

Available from good supermarkets or health stores

**Yoghurt** – if you're a yoghurt fan, no worries, you can now buy dairy-free varieties. And plain soya yoghurt makes a mean Raita – cucumber and yoghurt dip used to accompany Indian dishes.

Provamel Alpro – Yofu comes in plain and fruity varieties - available in big supermarkets and health stores. The plain is sold in a large pot, the fruity sort in large and small pots

Sojasun – wider variety of flavours, available from health stores: plain in a 250g pot. 125 glass pots in: lemon, black cherry, apricot & guava, raspberry and strawberry