

# LIVING DAIRY-FREE WITH



**FRESH & NATURAL**

**FOODS**



HEALTHY STARTS HERE  
YOUR FINE FOODS, HEALTH CONSCIOUS GROCER

The yellow arrow on our restricted diet color shelf tags indicates dairy/casein-free products.\*

DAIRY/CASEIN-FREE

Dairy/Casein-Free!

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It is difficult to estimate how many Americans are allergic or sensitive to dairy. Many individuals have allergies or sensitivities to the protein (casein) or sugar (lactose) found in dairy. Because this affects so many different ethnic groups, it is estimated that 30-50 million Americans suffer from some form of dairy intolerance.

No regulatory definition exists for the terms "Dairy-free" or "Non-dairy". If you are dairy sensitive or allergic, you must diligently read labels fully. If a product or ingredient is questionable, contact the manufacturer directly or avoid that product until you are sure. Look for hidden sources on all labels.

### PRIMARY SOURCES OF DAIRY

*Acidophilus • Cheese (any form) • Coffee Cream • Condensed Milk • Cottage Cheese • Cream Cheese • Dry Milk • Frozen Yogurt • Ghee • Half & Half • Ice Cream • Ice Milk • Low Fat Milk • Malted Milk • Margarine • Milk (any form) • Milk Solids • Puddings • Sherbet • Sour Cream • Yogurt*

### HIDDEN SOURCES OF DAIRY

*Casein • Casienates • Curd • Hydrolysates • Lactalbunin • Lactoglobulin • Lactose • Lactulose • Lactylate • Rennet • Whey*

Our dairy-free list contains manufacturers that make some products that may contain dairy. Watch for our Yellow Restricted Diet Shelf Tag to make your shopping experience more convenient. Please read all labels thoroughly as some products may contain casein and are lactose-free, while others contain lactose, but have no casein. Just another reason to always read labels.

### DAIRY-FREE MANUFACTURERS

*Amy's • Cederlane • Celentano • Heath is Wealth • Mon Cuisine • Nate's • Rice • Roads End • Soyboy • Tofutti • Yve's*

### NUTRITIONAL SUPPLEMENTS

*Country Life • Enzymatic Therapy • Fresh & Natural Foods Brand Name • Jarrow • Kirkman • Klair Labs*

Because many people consume dairy products to increase the amount of calcium in their diet, below is a list of foods that are high in calcium. Each Food Listed has a minimum of 100mg calcium per serving. Serving sizes vary.

### FOODS HIGH IN CALCIUM CONTENT

*Blackstrap Molasses • Bok Choy Beans (great northern, navy & white) • Chicory Greens • Collard Greens • Dandelion Greens • Dried Figs • Kale • Lambs Quarters • Mustard Greens • Raw Kelp • Rhubarb • Sardines • Sesame Seed • Shrimp • Spinach • Turnip Greens*

While we made every effort to be accurate, our resources are not a substitute for your own diligent label reading and should not be considered medical advice. Fresh & Natural Foods cannot be held responsible for individual reactions to any products. We cannot guarantee a product is not cross-contaminated, and manufacturers may alter ingredients and production processes. If a label does not specify "dairy-free," assume it may contain dairy. Always check with the manufacturer if a product is questionable.