

Dairy Advice



Why reduce levels of Dairy?

Dairy products form a large part of our diets in the UK. Some research is showing there are links between high levels of consumption and increased risk of hormonal dependant cancers such as Prostate and Breast cancers. Please be aware that Soya, the usual dairy alternative is the most likely crop to be genetically modified. To avoid this use Soya products that clearly state “Organic” or “Do not contain genetically modified (GM) soya”.

Other points of concern: -

- ◆ Mucous build up in the stomach and intestine, preventing absorption of essential vitamins and minerals recommended for a balanced diet.
- ◆ Low energy levels, as dairy is difficult to digest, using up valuable energy resources.
- ◆ Vitamin D is known to affect the growth hormones normally found in dairy products. This is thought to increase the risk of Prostate and Breast cancers.
- ◆ Cow and Goats milk contain high levels of growth hormone to aid in the rapid development of their young. These growth hormones are active in causing and aiding hormone dependant cancers.
- ◆ The Oestrogen found in cows milk has been linked to aiding Breast cancers.
- ◆ The intake of saturated fats found in Butter, Margarine and other dairy products have been linked to Breast cancers.

Dairy Alternatives

- ◆ **BUTTER** Dairy-free margarines that are low in trans-fats, e.g. Vitaquell, Vitasieg, Granose, Pure Avocado, Tahini, Nut butters, sugar-free fruit spreads.
- ◆ **MILK** Soya milk, rice milk or nut milks (blend 4 cups water with 1 cup skinned almonds) combination milks: Lima (soya, rice & oat) try fruit juice on cereal
- ◆ **CREAM** Soya creams, or fruit purees
- ◆ **CHEESE** Soya cheeses, hard and soft cheeses available
- ◆ **OTHER** Rice slices, Hummous, from supermarkets or better still make your own. Nut Butters, from health food shops, i.e. Hazelnut, almond, cashew.
- ◆ **ICE CREAM** Tofu ice cream (high sugar content), Fruit Sorbet, or Frozen Build-up-Drink (healthy alternative! recipe available)
- ◆ **YOGHURT** Soya yoghurt

Foods High in Calcium

- ◆ Almonds
 - ◆ Pumpkin seeds
 - ◆ Sesame seeds
 - ◆ Prunes
 - ◆ Pulses (all beans, peas, lentils)
 - ◆ Leafy greens – watercress
 - ◆ Carob
- Tofu
 - Corn tortillas
 - Walnuts
 - Broccoli
 - Ripe olives
 - Soy beans
 - Cabbage



Hidden dairy

To avoid dairy foods in commercial products, read labels and be aware of the following: -
Cow, goat and sheep milk (skimmed milk powder etc)

- ◆ Buttermilk
 - ◆ Butter
 - ◆ Cottage cheese
 - ◆ Cheese
 - ◆ Crème fraiche
 - ◆ Ghee
 - ◆ Whey
 - ◆ Caseinates
 - ◆ Lactose
 - ◆ Margarine including whey etc
 - ◆ Toffee and fudge
- Creamed sauces
 - Custards
 - Some cakes
 - Ice cream
 - Instant desserts
 - Mousses
 - Some salad dressings
 - Fish in batter
 - Rusks containing milk
 - Chocolate
 - Malted milk

Some sweeteners, medical capsules and supplements use lactose and other milk derivatives as fillers

Recommended Recipe Books

1. The Vegan Cookbook (Alan Wakeman) - Faber and Faber
2. Healing Foods Cookbook / More Healing Foods (Jane Sen) - Thorsons
3. Easy Vegan Cooking (Leah Leneman) - Thorsons
4. Vegetarian Cooking Without (Barbara Cousins) – Thorsons
5. The New Raw Energy - Lesley Kenton
6. Eastern Vegetarian Cooking - Madhur Jaffrey (Jonathan Cape)

Other Information

1. The Soil Association (for organic food sources)
Tel: 0117 929 0661 Fax: 0117 925 2504
2. Ute Brookman / Argyll Herbs Direct
Unit 2 Quantock Parade, North Petherton, Somerset. TA6 6TN
Tel: Order Line – 0845 863 0679 Helpline – 0845 863 0725
Email: enquiries@argyllherbsdirect.co.uk

