

Dairy Free Products

Dairy Free Milks (Try to choose Calcium fortified)

The following pages are designed to demonstrate the range of dairy free products available from a variety of different shops and companies. They are not recommendations. Please check all ingredients to ensure they are suitable for your individual child.

Soya milk:



Alpro Soya Growing Up Drink 1-3 has similar energy to full fat cow's milk and additional vitamin/mineral fortifications, including iron.

Non-organic versions are usually fortified with **120mg calcium/100ml** (the same as cow's milk)

Organic versions will NOT contain calcium

★ Indicates those fortified with additional **iodine**.

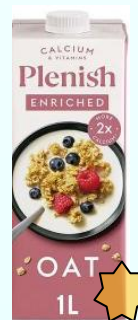
Unsweetened versions have fewer calories, so choose what's best for your child



Oat milk:



Alpro Oat Growing Up Drink 1-3 and **Oatly Barista / Whole Oat Drink** have similar energy to full fat cow's milk and additional vitamin/mineral fortifications.



Plenish Enriched Oat Drink contains double the amount of calcium as other non-organic milk alternatives and additional vitamin/mineral fortifications.



Dairy Free Products

Dairy Free Milks (Try to choose Calcium fortified)

Coconut milk (avoid those with rice milk in ingredients for children under 5 years of age, the below options do not contain rice milk):




KoKo Kids is much higher in energy than other coconut milks and has additional vitamin/mineral fortifications.



Nut milk:



Pea milk:



Mighty Pea contains 50% more calcium than other non-organic milk alternatives.

Rice milk (not recommended for under 5-year-olds):



Dairy Free Products

Dairy Free Milkshakes (Try to choose Calcium fortified)

Soya based:



Oat based:



Nut based:



Chocomel Plant-Based contains less calcium than other non-organic dairy free milkshakes.

Coconut based:

Velvet coconut milk drink chocolate contains less calcium than other non-organic dairy free milkshakes.



Dairy Free Products

Dairy Free Yoghurts and Desserts

Most have around 120mg calcium/100ml, a 125g serving therefore provides 150mg/pot.

★ Indicates those fortified with additional iodine.

Soya yoghurt:



Soya and coconut yoghurt:



Soya yoghurt with oats:



Soya desserts:



Dairy Free Products

Dairy Free Yoghurts and Desserts

Oat yoghurt/dessert:



Coconut yoghurt:



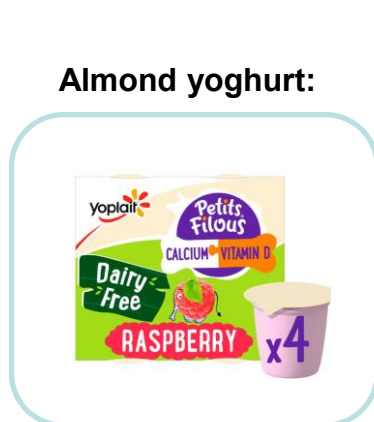
Coconut yoghurt/dessert (not calcium fortified):



Oat and coconut yoghurt:



Almond yoghurt (not calcium fortified):



Dairy Free Products

Dairy Free Cheeses

(not all are fortified with calcium – check the label)

Coconut based cheese:

★ **Tesco Free From** cheese is fortified with calcium, B12 & iodine



★ **Asda Free From** cheese is fortified with calcium



★ **Sainsbury's Free From** cheese is fortified with calcium



★ **Cathedral City** cheese is fortified with calcium



★ **Sheese** is fortified with calcium



★ **Violife** products are fortified with B12 only



★ **Babybel plant based and Applewood vegan** are fortified with calcium & B12

Almond based cheese:



Coconut & almond based cheese:

★ **Laughing Cow plant-based** is fortified with calcium & B12



Almond & oat based cheese:



Dairy Free Products

Dairy Free Custard and Ice Cream

(unless specified, these are not usually fortified with calcium)

Soya based custard:



★ Calcium: 120mg/100g

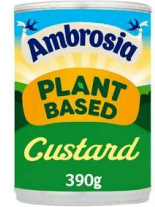
Coconut based custard:



Oat based custard:



Plant based custard:

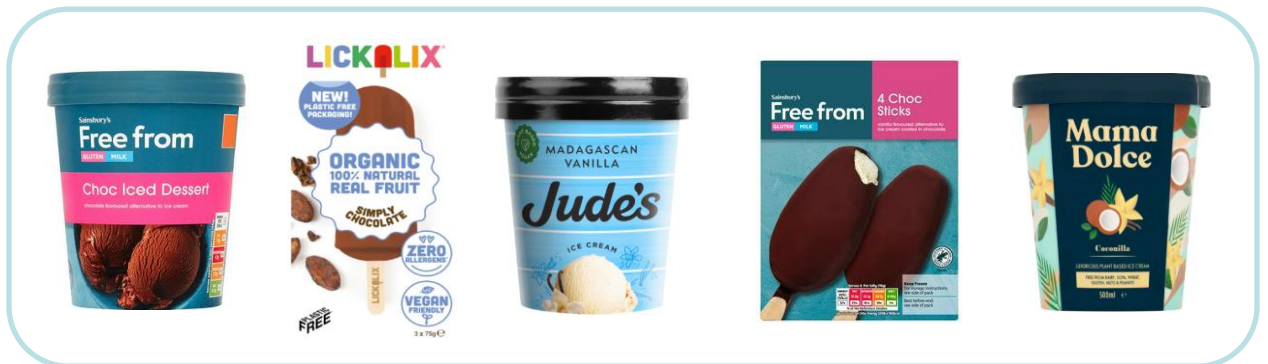


★ Calcium: 120mg/100g

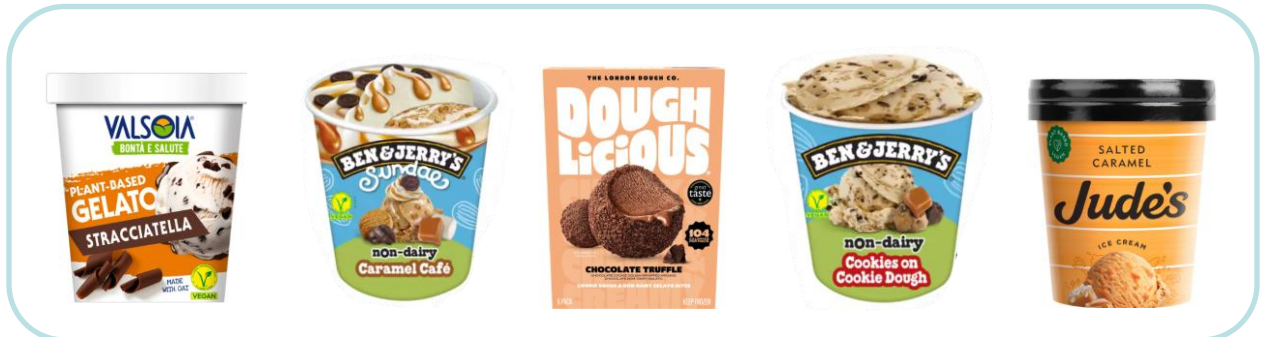
Soya based ice cream:



Coconut based ice cream:



Oat based ice cream:



Dairy Free Products

Dairy Free Ice Cream and Cream

(unless specified, these are not usually fortified with calcium)

Nut based ice cream:



Contains soya and nuts:



Naturally milk free:



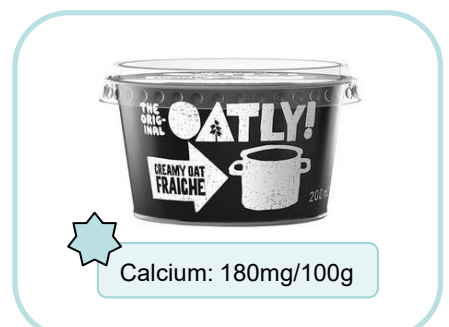
Soya cream:



Oat cream:



Oat crème fraîche:



Coconut cream:



Plant based cream:



Dairy Free Products

Dairy Free Spreads and Nutritional Yeast

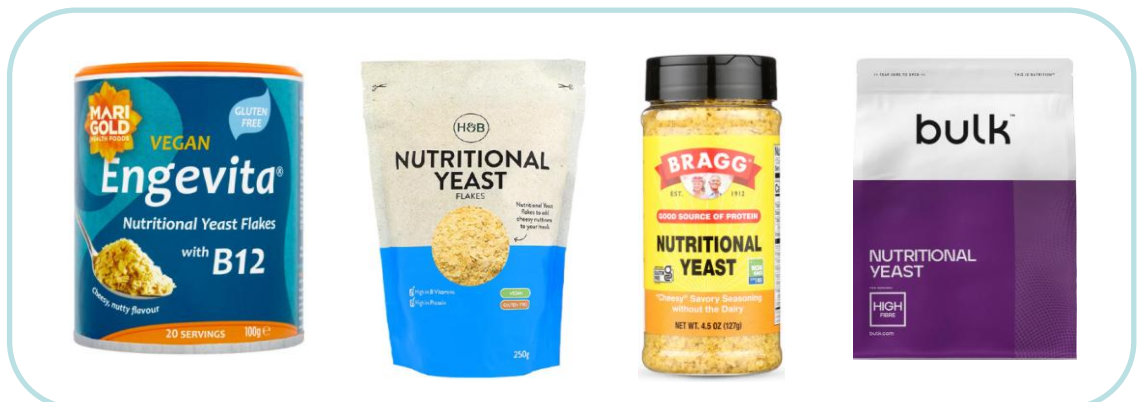
Dairy free spreads:



Vegetable fat block margarines:



Nutritional yeast – can be used as a cheese alternative:



Dairy Free Products

Dairy Free Chocolate



These are examples of dairy free products and not an exhaustive list. **Please check labels for allergens.**