

# Other products for children on a dairy-free diet

Dietetic and Nutrition Department

Information for Patients

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This information should only be used with individual nutritional advice from a dietitian about milk free diets.

## Milks

The milk substitutes below can be used in cooking, to mix cereals and in other recipes. These milk substitutes should **not** be used as the only source of nutrition without support from your dietitian.

Patients with galactosaemia must avoid all sources of lactose in their diet. Lactose is a sugar found in milk products. The following is a list of dairy-free alternatives which can be used for patients with galactosaemia. Please note that lactose-free milk is **not** suitable for patients with cow's milk protein allergy or galactosaemia.



### Please note:

Organic products will **not** have added calcium (fortified).

Rice milk is not suitable for children under 4 ½ years old

Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
 or call 111 for non-emergency medical advice

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
 To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

The following products are available at a range of supermarkets, shops or online. Check the websites for more details of ingredients and what is available.

## Flavoured milks

Oatly chocolate and vanilla

<https://www.oatly.com/en-gb>



Chocomel plant-based

<https://www.chocomel.com/en-gb>



Alpro soya chocolate and vanilla

<https://www.alpro.com/uk>



## Cheeses



Violife cheese (contains coconut oil) – various flavours of sliced, grated and soft cheeses

<http://www.violifefoods.com>



Mozzarisella (rice based) - various flavours

<https://www.mozzarisella.co.uk/>



Bute Island Sheese (contains coconut oil, soft cheeses contain soya) - various flavours of sliced, grated and soft cheeses

<https://www.buteisland.com/>



Supermarket own-brand free from cheeses (based on coconut oil) – various flavours of sliced, grated and soft cheeses

## Yoghurts



Alpro yoghurts (based on soya) – various flavours and sizes, including Greek style <https://www.alpro.com/uk>



Oatly yoghurts (based on oat) – available in strawberry and Greek style <https://www.oatly.com/en-gb>



Koko yoghurts (based on coconut) - various flavours and sizes <https://www.kokodairyfree.com/>



Petits Filous dairy free (based on almond) – available in raspberry and apricot <https://www.petitsfilous.co.uk/>



Dairy Free Actimel (based on almond and oat) – available in mango & passionfruit and blueberry <https://www.actimel.co.uk/>

**Supermarket own-brand free from milk yoghurts also available**

## Creams / custard



Oatly Creamy Oat – available in single, double and organic  
Oatly vanilla custard

<https://www.oatly.com/>



Alpro Single Soya and Alpro vanilla custard

<https://www.alpro.com/>



Food Heaven Heavenly whipped cream available in plain and chocolate  
Food Heaven Heavenly pouring cream available in sweetened and unsweetened

<https://www.lovefoodheaven.com/>



The Coconut Collab double cream and vanilla custard

<https://coconutco.co.uk/>



Bird's custard powder – dairy free when made up with a non-dairy milk alternative

<https://www.birdscustard.co.uk/>

## Desserts



Alpro desserts (based on soya) – available in chocolate, dark chocolate, caramel, and vanilla

<https://www.alpro.com/>



The Coconut Collab desserts (based on coconut) – available in chocolate, salted caramel, chocolate and caramel, white chocolate, and chocolate and cream

<https://coconutco.co.uk/>



Gu plant cheesecakes (based on coconut and soya) – available in chocolate and vanilla, Spanish lemon, salted caramel, and zillionaire

Gu plant mousses – available in dark chocolate & ganache

<https://www.gupuds.com/>



Oggs cakes – various flavours and sizes

<https://www.loveoggs.com/>

## Ice Cream



Swedish glace (based on soy and coconut) – available in vanilla, chocolate, raspberry, and soft toffee & caramel cones

<https://www.wallsicecream.com/>



Food Heaven Heavenly ice cream – available in vanilla, strawberry, and chocolate

<https://www.lovefoodheaven.com/>



Booja Booja (based on cashew) – available in vanilla, cookie dough, chocolate fudge brownie, mango and raspberry, deeply chocolate, chocolate salted caramel, and caramel pecan praline

<https://boojabooja.com/>



Ben & Jerry's Non-Dairy (based on oats) – available in cookies on cookie dough, chocolate fudge brownie, and bohemian raspberry

<https://www.benjerry.co.uk/>



Vegan Magnums (based on coconut) – available in classic, almond, and raspberry

<https://www.magnumicecream.com/>

**Supermarket own-brand free from milk ice creams also available**

## Chocolate



NOMO (based on rice) – available in various flavours of bars, buttons, and lollies

<https://nomochoc.com/>



Moo free (based on rice) – available in milk, white and dark chocolate in various flavours and sizes

<https://www.moofreechocolates.com/>



Buttermilk (based on rice) – available in double chocolate, caramel nougat, chocolate wafer, peanut nougat, coconut, honeycomb, caramel, and peanut butter crunch bites

<https://www.buttermilk.co.uk/>



M&S made without dairy (based on rice) - available as chocolate bars and buttons

<https://www.marksandspencer.com/> or <https://www.ocado.com/>



Galaxy Vegan (based on hazelnut) – available in classic, salted caramel, orange, and crumbled cookie

<https://www.galaxychocolate.co.uk/>

**Supermarket own-brand free from milk chocolate is also available**

## Spreads



Flora (based on rapeseed, linseed and sunflower) - available in original, lighter, and buttery spread

<https://www.flora.com/>



Flora plant butter (based on sunflower, coconut and rapeseed) – available in salted, unsalted, spreadable, and smoked garlic butter

<https://www.flora.com/>



Pure – available in buttery taste and sunflower

<https://puredairyfree.co.uk/>



Vitalite (based on sunflower, rapeseed, and palm)

<https://vitalitedairyfree.co.uk/>



Stork (based on sunflower, rapeseed, and palm) - baking block and original spread

<https://www.bakewithstork.com/>

**Supermarket own-brand free from milk spreads also available**

## Frozen items



Birds Eye free from fish fillets, fish fingers, chicken nuggets, and southern fried chicken in breadcrumbs

<https://www.birdseye.co.uk/>



Whole Creations dairy free pizzas – available in sheesey garlic bread, veggeroni, roasted tomato and basil, and butternut squash, red pepper & caramelised onion

<https://wholecreations.co.uk/>



Ristorante vegan pizzas – available in margherita, and pepperoni-salame

<https://www.oetker.co.uk/>



Whitby gluten free wholetail scampi

<https://www.whitby-seafoods.com/>

**Supermarket own-brand free from milk pizzas and other frozen items are also available**

## Chocolate spreads



Askeys desserts sauces – chocolate, strawberry, and crackin choc shell

**Note:** toffee sauce, salted caramel sauce, and chocolate caramel sauce all contain milk

<https://www.askeys.co.uk/>



Nature's store hazelnut and cocoa spread

<https://www.natures-store.co.uk/>



Sweet freedom – chocolate spreads, chocolate syrups, and fruit syrups

<https://www.sweetfreedom.co.uk/>



Vego chocolate hazelnut spread (crunchy)

<https://vego-chocolate.com/en/>

### Disclaimer:

This information has been put together by the Paediatric Dietitians at University Hospitals Leicester NHS Trust. The information is to help you find products that your child can eat and increase the range of foods in their diet. Products and their ingredients change on a regular basis. We recommend that you always check food labels before giving a product to your child.

**Contact details:** Dietetics and Nutrition Department: 0116 258 5400

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