

DAIRY FREE DIET

Cows milk is often poorly tolerated due to the protein it contains which is very dense and difficult to digest, as well as its lactose (milk sugar) content which can be a problem for some people who lack sufficient amounts of a digestive enzyme called lactase.

Dairy products are implicated in a number of ailments such as asthma, eczema, catarrh, glue ear and digestive problems such as IBS and constipation.

Removing cows milk from your diet can result in a dramatic improvement to their health. It is important that you really do avoid all cows milk as even the smallest amount may cause a flare-up of symptoms, so check food labels and ingredient lists for products such as skimmed milk, whey and lactose.

There is a variety of alternatives to choose from, Goats, soya, rice or oat milk, all of which should be available from your local supermarket or health food shop. Most supermarkets will now stock a whole range of dairy free products such as soya based yoghurts, cheeses and spreads.

If you are removing dairy products from your diet then you must ensure your children are receiving an adequate supply of calcium from other food sources.

For calcium to be used effectively it needs to be in the right balance with magnesium. Green leafy vegetables (spinach, kale, watercress, broccoli, cabbage, etc...) and nuts and seeds, have absolutely the right balance of calcium to magnesium, ensuring the best uptake and utilization by the body.

Other good sources of calcium include dried seaweeds, fish (canned sardines, pilchards, salmon and mackerel), and beans (soya, haricot, kidney).

Choose:

Goats/sheeps/soya cheese - sainsburys do an excellent goats Cheddar, a fantastic alternative normal cows Cheddar

Goats/soya/rice/oat/sheeps milk - some supermarkets and most health food stores Soya/

goats/sheeps yoghurt

Avoid:

Any cow's products - milk, cheese, cream, butter, yoghurt, ice-cream, chocolate, cakes/puddings made with milk, sauces made with milk.

Skimmed milk powders, whey and lactulose - found in some prepacked/processed foods.