Following the Mediterranean diet without dairy

Use these steps from the article to follow a dairy-free Mediterranean diet safely.

- [ ] Build meals on vegetables, beans, whole grains, fish, nuts and olive oil.
- [ ] Swap milk for an unsweetened, calcium-fortified soy or almond drink.
- [ ] Replace butter with extra-virgin olive oil.
- [ ] Use olives, toasted nuts, tahini or hummus in place of cheese and creamy sauces.
- [ ] Eat canned salmon or sardines with soft bones, leafy greens, almonds and tofu for calcium.
- [ ] Keep fish and eggs in the diet for vitamin D, vitamin B12 and iodine.
- [ ] Check labels for casein, whey, lactose, milk by-products and dry milk solids.
- [ ] Treat lactose-free dairy as unsafe for a milk allergy, because it still contains milk protein.
- [ ] Speak to a GP or dietitian before removing dairy from a child's diet.
- [ ] Seek a medical assessment for hives or other symptoms soon after milk.

Notes

For general education only. Not a substitute for professional medical advice.