

Twin Forks Gastroenterology & Hepatology, P.C.
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No Dairy Diet

Foods to Avoid

Milk, ½+ ½
All Cheeses
Cottage Cheese
Cream Cheese
Ricotta Cheese
Ice cream, frozen yogurt
Butter/ Margarine
Buttermilk
Milk Chocolate
Evaporated Milk
Whey Protein

OK FOODS

Almond Milk, Rice Milk, Soy Milk
Greek yogurt
Lactaid
Non Dairy Creamers