

MEAL IDEAS FOR DAIRY-FREE/SOY-FREE EATING

Being told you cannot eat dairy and soy may be overwhelming. Stay calm! The truth is, there are still lots of foods you *can* eat! The main building blocks of healthy meals (meats, poultry, and seafood; vegetables and fruits; nuts and beans (except soybeans); rice; potatoes; and grains) are all fine.

The Internet is a great source for dairy/soy-free recipes and brand recommendations. Find some recipes that look good to you. Take time to plan a week's worth of meals and snacks, and shop for all the ingredients at once. Schedule in one or two longer shopping trips to read labels. You will have new favorite foods and meals in no time! Here are some ideas to get you started:

Breakfast: Oatmeal, eggs, dairy/soy free cereal with rice or almond "milk", non-dairy smoothies, breakfast meats (check labels), coconut or rice "yogurt" topped with fruit, toasted dairy/soy free bread or bagels with peanut butter. Enjoy breakfast with calcium-fortified orange juice, tea or coffee (with non-dairy creamer), and fruit.

Lunch: Reheat last night's dinner, or turn cold leftovers into a topping for a salad. If you have trouble finding a salad dressing, shake up your own vinaigrette. Soups (check labels) and sandwiches (on dairy/soy free bread or wraps) are quick lunch options. Use soy-free mayonnaise to make tuna or egg salad.

Dinner: To put together a balanced dinner, choose one from each group:

- **Protein:** chicken, beef, pork, lamb, beans, fish, shellfish, eggs
- **Starches:** pasta, rice, potatoes, grains (barley, buckwheat, quinoa etc.)
- **Vegetables:** Anything you like. Don't forget salad!

SNACKS

Nutritionist's Tip: Try to get some protein and fiber with your snacks to keep you feeling satisfied.

- Dip pretzels, carrots, celery, or apple in 2 Tablespoons of peanut butter or other nut butter.
- Scoop up hummus with rice crackers, baby carrots, or other veggies.
- Smoothies (see breakfast ideas)
- Trail mix: Mix nuts and dried fruit. You can even add dairy-free chocolate chips!
- Popcorn. "Butter flavor" usually doesn't mean dairy. Check labels.
- Munch on (calcium-fortified!) dry breakfast cereals.
- Fill up with fiber-rich fruits and vegetables.

...AND DESSERTS!

- Home baked dairy/soy free cakes and cookies. (Check the Internet for great recipes and ideas)
- Store-bought dairy/soy free desserts. (Check the Internet for brands, or read labels in the store)
- Instead of ice cream, try sorbet (not sherbet), Rice Dream or other dairy/soy free ice cream, or make your own banana whip "ice cream" (puree frozen banana chunks with other fruits until smooth)
- Core an apple, drizzle with maple syrup or put brown sugar in the core hole, and bake.
- Halve a grapefruit, spread with apricot preserves or marshmallow fluff, and broil until warm.
- Dark chocolate (try dipping strawberries, bananas, or pineapple!)