

# DAIRY-FREE GROCERY LIST

Embrace the richness of dairy-free life through this list

## DAIRY FREE FOODS

### FRESH PRODUCE

- Apples
- Bananas
- Oranges
- Berries
- Avocados
- Spinach
- Kale
- Broccoli
- Cauliflower
- Zucchini
- Tomatoes
- Bell peppers
- Cucumbers
- Carrots
- Potatoes
- Sweet potatoes

### PROTEINS

- Tofu
- Tempeh
- Edamame
- Lentils
- Chickpeas
- Black beans
- Kidney beans
- Quinoa
- Brown rice
- Hemp seeds
- Chia seeds
- Flaxseeds

### CONDIMENTS & SAUCES

- Olive oil
- Coconut oil
- Balsamic vinegar
- Tamari
- Tahini
- Hummus
- Salsa
- Nutritional yeast

### HERBS & SPICES

- Basil
- Oregano
- Thyme
- Rosemary
- Cumin
- Paprika
- Chili powder
- Garlic powder
- Onion powder
- Turmeric

### MILK ALTERNATIVES

- Almond milk
- Soy milk
- Coconut milk
- Oat milk
- Rice milk
- Cashew milk
- Hemp milk
- Flax milk

### GRAINS

- Quinoa
- Brown rice
- Wild rice
- Buckwheat
- Millet
- Amaranth
- Rice noodles
- Gluten-free oats

### NUTS & SEEDS

- Almonds
- Walnuts
- Cashews
- Pecans
- Pumpkin seeds
- Sunflower seeds
- Chia seeds
- Flaxseeds

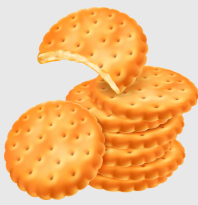
### BEVERAGES & SWEETENERS

- Herbal teas
- Fruit-infused water
- Coconut water
- Maple syrup
- Agave nectar
- Coconut sugar
- Stevia

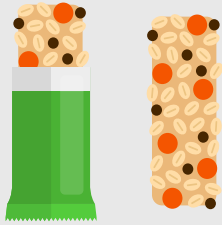
### SNACKS & SWEETS

- Rice crackers
- Popcorn (plain)
- Veggie chips
- Rice cakes
- Energy bars
- Cereals
- Rice cakes (Dairy-free)
- Dark chocolate
- Vegan cookies

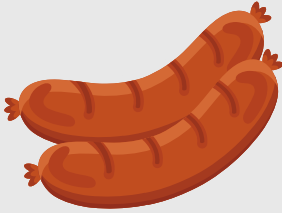
## FOODS WITH HIDDEN DAIRY CONTENT



Crackers



Granola



Sausages



Salad Dressing



Breads

## SIDE-EFFECTS OF HAVING DAIRY

- ✗ Bloating
- ✗ Lactose intolerance
- ✗ Acne
- ✗ Constipation
- ✗ Allergies

## TIPS TO AVOID GLUTEN

- ✓ Read food labels carefully
- ✓ Choose non-dairy alternatives
- ✓ Cook at home
- ✓ Re-confirm at restaurants

**Disclaimer:** This content is not intended to be a substitute for professional medical advice, diagnosis, or, treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.