

DAIRY & SOY FREE FOODS

Tips for breastfeeding mothers starting a dietary trial

Always discuss with your healthcare provider first

Please don't do a dietary exclusion without first seeking advice



Check labels carefully

In many cases, 'soy lecithin' and 'may contain' products are okay, but please discuss with your doctor or dietitian.



The ASCIA website has excellent, reliable information about the different types of dairy and soy exclusion.

[Link here.](#)

Companies can change ingredients without warning, so please double check when shopping.

A trial is usually for around 2-3 weeks

Discuss with your healthcare provider the best time to review the diet and how long to continue.



Calcium is important



You may need to take a supplement if unable to get 1000IU daily from food

Seek medical review ASAP if...

Your baby is not gaining weight, has blood in the stools or is showing signs of illness.



A dietitian is a great support

Especially if you already have other dietary exclusions like gluten or meat.



Seek help when it is time to reintroduce dairy and soy

Each baby is different in their allergy journey, and will do this at their own pace.



DAIRY & SOY FREE FOODS

Staples to fill your fridge and pantry

All whole fruits and vegetables

Watch for any that have been processed or have added preservative or flavouring



Make your own sauces & dressings

Dressings and sauces often have soy, so try instead making your own with ingredients like lemon or lime juice, olive oil, garlic, herbs, spices, mustard or tomato paste.

You can try substituting coconut aminos in place of soy sauce.



Coffee and Tea are still safe

Just have them with your preferred plant-based milk instead of dairy or soy.



Meat, seafood and eggs

Check for added preservative or flavouring



Rice & grains

This includes quinoa, chia seeds, oats - just check for added ingredients



Dried fruit and nuts

This includes natural nut butters (without added soy or dairy)



Natural spices and herbs

These can be used to flavour food in place of processed sauces.



BREADS & WRAPS

Dairy & soy free options for local mums

Sourdough Bread

Most sourdough is safe, but ask the bakery for confirmation.

Local options:

- The Bakehouse (Portland)
- Baker's Delight
- Irrewarra (sold in Admella's Portland & Hamilton Hamper)
- Jane Dough
- Woolworths Homebrand Sourdough



Other Bakery Breads

These are reported as safe, but ask the bakery or check labels.

Local options:

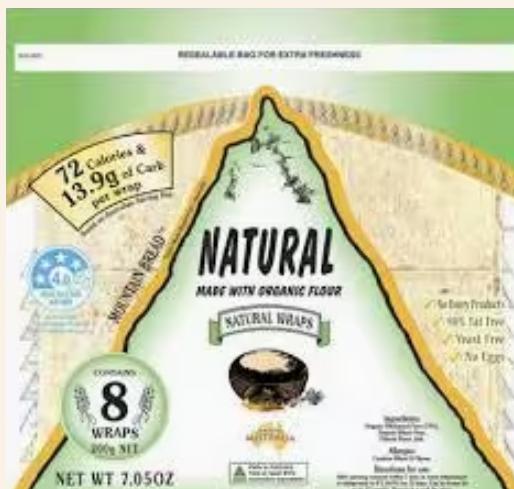
- Oven Peel Portland
- Coles plain white bakery bread
- Coles bakery High Fibre low GI bread



Wraps

Local options (try Woolies, Coles or IGA):

- B Free Sweet Potato Wraps
- B Free Low Carb High Protein Wraps
- Mountain Bread Natural Wraps
- Old El Paso wraps
- White Mission wraps



Crumpets (Hint: most are fine)

Local options (try Woolies, Coles or IGA):

- Golden Bakery crumpets
- Woolworths Bakery crumpets
- Coles Bakery crumpets



DAIRY SUBSTITUTES

Dairy & soy free options for local mums

Milks

Check that your milk has been fortified with calcium:

- Almond milk
- Oat milk
- Rice milk
- Coconut milk
- Tiger nut milk



Butter Substitutes

Local options:

- Nuttelex
- Tahini
- Avocado
- Yumi's Hommus



Chocolate

Local options:

- Loco Love (Check flavours as some have soy. Can find at Willow & Bean in Portland or Health on Grey in Hamilton)
- PANA Chocolate, spread & hot choc powder
- Lindt Dark Chocolate
- PICO Dark Chocolate
- Alter Eco Dark Chocolate
- Coles Dark Chocolate
- Cadbury Hot Choc Powder
- Plain Cocoa



DAIRY SUBSTITUTES

Dairy & soy free options for local mums

Yoghurt

There have been some issues with contamination of some yoghurt substitutes, so please double check labels:

- Coyo coconut yoghurt
- Coyo coconut & oat yoghurt
- Cocobella yoghurt
- Vitasoy Oat Yoghurt



Custard

Local options:

- Coyo Dairy Free Custard
- Orgran Instant Custard Mix



Ice-cream

Local options:

- PANA Icecream
- Coyo Icecream
- Coyo Frozen Yoghurt
- Aldi Yoconut Frozen Dessert
- Proud & Punch Frozen Desserts
- Blue Ribbon Plant-Based Icecream
- Most Fruit-based Sorbets
- Plant-Based Golden Gaytime bars
- Coles Natures Kitchen Plant-Based Icecream



TREATS

Dairy & soy free options for local mums

Toppings

Local options:

- Aldi Caramel topping
- Queen Sugar-Free toppings
- Pure Maple Syrup



Cream

Local options:

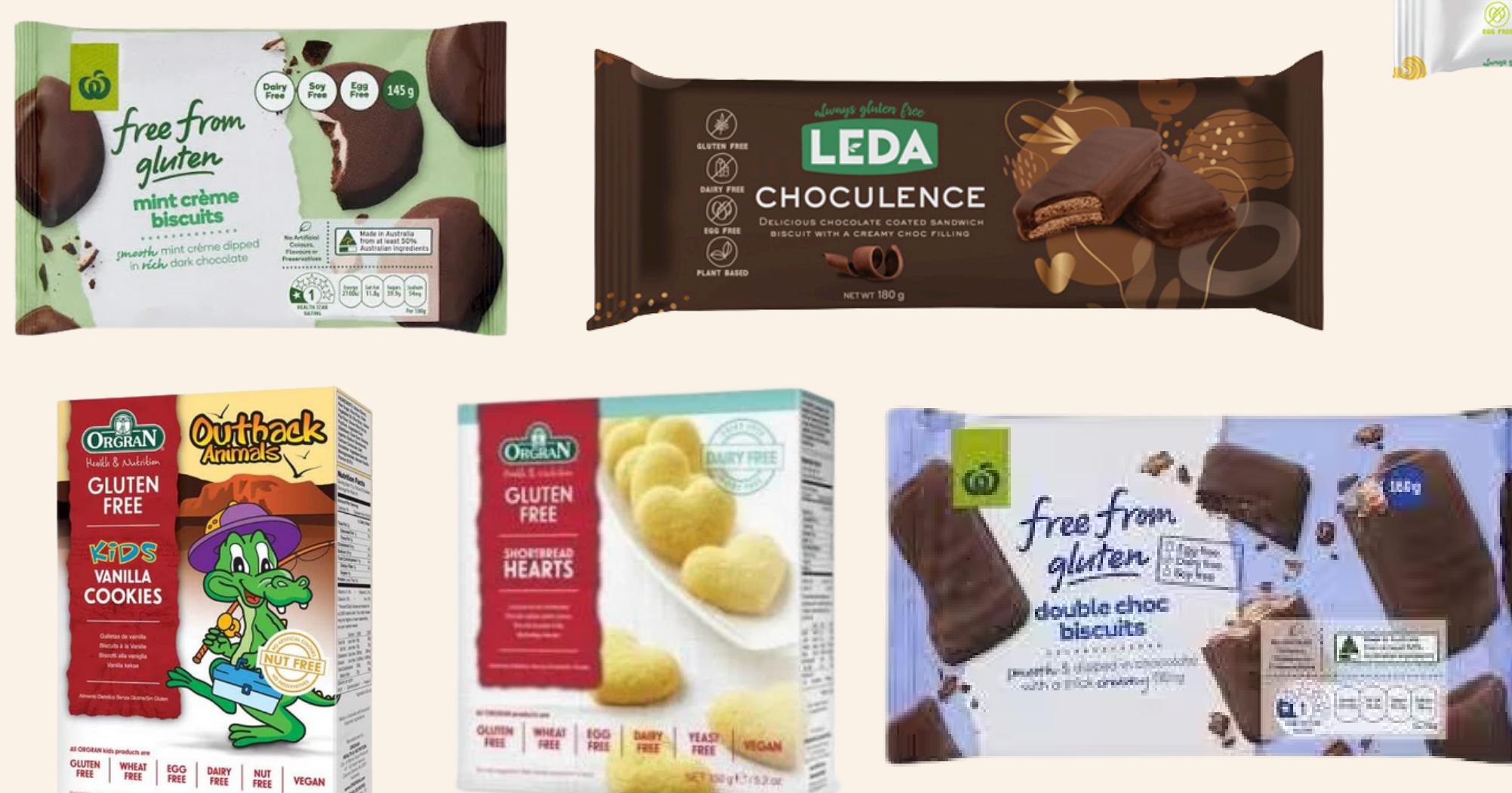
- Flora Thickened Plant Cream
- Coyo Dairy-Free Sour Cream



Sweet Biscuits

Local options:

- Woolworths 'Free From Gluten' Biscuit Range
- Orgran Shortbread Hearts
- Orgran Kids Cookies (Vanilla & Chocolate)
- Orgran Fruit-Filled Biscuits
- Coles & Woolworths Bakery Anzac Biscuits
- LEDA Biscuits (sold in IGA)



BAKING & SNACKS

Dairy & soy free options for local mums

Packet Mixes

Local options:

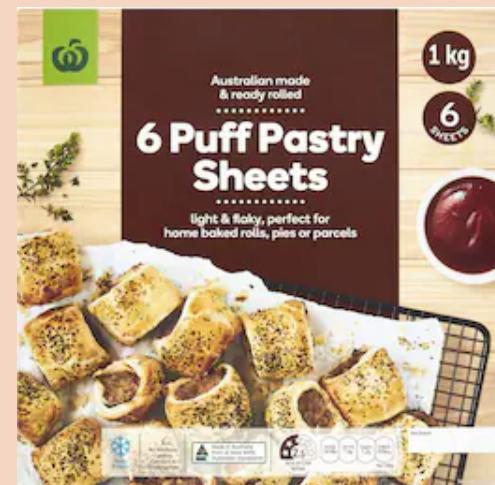
- Orgran Chocolate Brownie Mix
- Orgran Chocolate and Vanilla Cake Mix
- Woolworths Free From Gluten Banana Bread Mix



Pastry

Local options:

- Woolworths Puff Pastry



Snacks

Local options:

- The Happy Snack Company Choc Chickpeas
- Plain Seaweed snacks
- Orgran Crackers and Crispbreads
- Orgran Garden Veggies Crispbreads
- Plain Red Rock Deli Chips
- Cracker Snapz biscuits
- Parker's Pretzels
- McCain Hash Browns
- Corn Thins & Rice Cakes

