

DID SOMEONE SAY DAIRY CHEAT SHEET?



Say No Moooooooooooo.....

By Avantika Bose

Whether you are lactose intolerant or simply planning on giving up dairy, don't worry about having to sacrifice an entire food group. Here's a list of the tastiest alternatives for a few dairy products.

That morning coffee, cheesy nachos, ice-cream, alfredo pasta — even the thought of giving up dairy can be extremely difficult, to say the least. We have grown up in a world where it is believed that consuming dairy is the only way to grow bigger and have strong teeth and bones, but dairy does have some adverse effects on the human body. Bloating, eczema, asthma, and weight gain are only a few health problems and diseases associated with the consumption of dairy. To all my lactose intolerant pals and those who willingly want to remove dairy products from their lives, here are a few tricks to avoid dairy and substitute them with somewhat delicious options (because let's be honest, butter is life).

Almond Milk not Dairy Milk

In fact, you could opt for any other type of milks, too. For example, soy milk, nut milk or coconut milk. Apart from being rich in flavour these alternatives are also high in Vitamin D and other important nutrients for calcium replacement.

Coconut Cream not Cream

Coconut cream is any day lighter and fresher than normal cream. And oh, it's perfect to pour over desserts.

Coconut Oil not Butter

You can use olive oil, ghee or coconut oil instead of butter. Coconut and olive oil can be used for frying and sautéing whereas ghee is great for scrambled eggs.

*Dairy has become
the new dietary
Darth Vader...
and has been linked with
many health problems
and diseases, ranging from
asthma to weight gain.*

Fruits Smoothie not Ice-cream and Yoghurt

I know how sad it can be, especially during summer, when everyone is either eating ice-cream or frozen yoghurt to beat the heat, and you can't do that. But blending frozen fruits with bananas is a great alternative and is healthier as well.

Avocado not Cheese

While your friends are enjoying cheesy fries you can opt for avocado. Just add salt and pepper to it. It is equally creamy and on top of that it's really good for your skin, hair, and nails

Hummus not Cheese Dips

You're hosting a movie night and just can't seem to find something that would go well with the chips. Go for hummus. You'll be pleasantly surprised to find a variety of flavoured hummus options at your local supermarket. You're welcome!