

Other products for children on a dairy-free diet

Dietetic and Nutrition Department

Information for Patients

Produced: February 2023

Review: February 2026

Leaflet number: 1368 Version: 2

This information should only be used with individual nutritional advice from a dietitian about milk free diets.

Milks

The milk substitutes below can be used in cooking, to mix cereals and in other recipes. These milk substitutes should **not** be used as the only source of nutrition without support from your dietitian.

Patients with galactosaemia must avoid all sources of lactose in their diet. Lactose is a sugar found in milk products. The following is a list of dairy-free alternatives which can be used for patients with galactosaemia. Please note that lactose-free milk is **not** suitable for patients with cow's milk protein allergy or galactosaemia.



Please note:

Organic products will **not** have added calcium (fortified).

Rice milk is not suitable for children under 4 ½ years old

Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

The following products are available at a range of supermarkets, shops or online. Check the websites for more details of ingredients and what is available.

Flavoured milks

Oatly chocolate and vanilla

<https://www.oatly.com/en-gb>



Rebel kitchen mylk shakes

<https://rebel-kitchen.com/>



Alpro soya chocolate and vanilla

<https://www.alpro.com/uk>



Cheeses



Violife cheese (contains coconut oil) – various flavours of sliced, grated and soft cheeses

<http://www.violifefoods.com>



Mozzarisella (rice based) - various flavours

<https://www.mozzarisella.co.uk/>



Bute Island Sheese (contains coconut oil, soft cheeses contain soya) - various flavours of sliced, grated and soft cheeses

<https://www.buteisland.com/>



Supermarket own-brand free from cheeses (based on coconut oil) – various flavours of sliced, grated and soft cheeses

Yoghurts



Alpro yoghurts (based on soya) – various flavours and sizes, including Greek style <https://www.alpro.com/uk>



Oatly yoghurts (based on oat) – various flavours, including Greek style

<https://www.oatly.com/en-gb>



Koko yoghurts (based on coconut)

<https://www.kokodairyfree.com/>



Petit Filous dairy free (based on almond) – available in raspberry and apricot

<https://www.petitsfilous.co.uk/>



Dairy Free Actimel (based on almond and oat) – available in mango & passionfruit and blueberry

<https://www.actimel.co.uk/>

Supermarket own-brand free from milk yoghurts also available

Creams / custard



Oatly Creamy Oat – available in single, double and organic
Oatly vanilla custard

<https://www.oatly.com/>



Alpro Single Soya and Alpro vanilla custard

<https://www.alpro.com/>



Food Heaven Heavenly whipped cream – available in plain and chocolate

<https://www.lovefoodheaven.com/>



Coconut Collab – available as double cream and crème fraîche

<https://coconutco.co.uk/>



Bird's custard powder – dairy free when made up with a non-dairy milk alternative

<https://www.birdscustard.co.uk/>

Desserts



Alpro desserts (based on soya) – available in chocolate, dark chocolate, caramel, coconut and vanilla



Alpro mousses (based on coconut) – available in pistachio & chocolate and double chocolate almond

<https://www.alpro.com/>



Provamel desserts (based on soya) – available in chocolate and vanilla

<https://www.provamel.com/>



Over the Spoon desserts – available in salted caramel cheesecake, lemon cheesecake, melty chocolate fudge pud, Belgian chocolate mousse and creamy strawberry trifle

<https://www.overthespoonuk.com/>



Gu free from cheesecakes (based on coconut and soya) – available in chocolate and vanilla, zingy lemon, salted caramel

Gu free from mousses – available in chocolate and chocolate caramel

<https://www.gupuds.com/>



Oggs desserts – available in sticky toffee pudding, melt in the middle chocolate pudding, brownie bites, millionaire's bites, and various cakes

<https://www.loveoggs.com/>

Ice Cream



Swedish glace – available in vanilla, chocolate, raspberry, vanilla & strawberry cones, soft toffee & caramel cones and vanilla sticks (based on soy)

<https://www.wallsicecream.com/>



Oatly – available in chocolate fudge, strawberry, salted caramel and mint chocolate

<https://www.oatly.com/>



Booja Booja (based on cashew) – available in honeycomb caramel, caramel pecan praline, heavens on earth, raspberry ripple, chocolate salted caramel, hazelnut chocolate truffle, hunky punky chocolate, keep smiling vanilla

<https://boojabooja.com/>



Ben & Jerry's Non-Dairy (based on almond) – available in cookie dough, chocolate fudge brownie, salted caramel brownie and Netflix & Chill'd

<https://www.benjerry.co.uk/>



Vegan Magnums (based on coconut) – available in classic, almond, sea salt caramel & mini varieties

<https://www.magnumicecream.com/>

Supermarket own-brand free from milk ice creams also available

Chocolate



NOMO (based on rice) – available in smooth chocolate, hazelnut, caramel, fruit & biscuit, caramel & sea salt, chocolate orange, dark chocolate, smooth chocolate buttons, caramel & sea salt buttons, kids chocolate lollies

<https://nomochoc.com/>



Moo free (based on rice) – available in milk, white and dark chocolate in various flavours and sizes

<https://www.moofreechocolates.com/>



Buttermilk (based rice) – available in various flavours of bars, buttons and cups

<https://www.buttermilk.co.uk/>



M&S made without dairy chocolate bars



<https://www.marksandspencer.com/> or <https://www.ocado.com/>



Galaxy Vegan (based on almond and hazelnut) – available in caramel and sea salt, crumbled cookie, caramelised hazelnut, orange and mint

<https://www.galaxychocolate.co.uk/>

Supermarket own-brand free from milk chocolate is also available

Spreads



Flora (based on rapeseed, palm, linseed & sunflower) – all varieties except Flora Buttery

<https://www.flora.com/>



Flora plant butter (based on palm, sunflower and rapeseed) – available in salted, unsalted and spreadable

<https://www.flora.com/>



Pure – available in sunflower, olive, buttery taste and slightly salted

<https://purefrom.co.uk/>



Vitalite (based on sunflower, rapeseed and palm)

<https://vitalitedairyfree.co.uk/>



Stork - baking block and original spread

<https://www.bakewithstork.com/>

Supermarket own-brand free from milk spreads also available

Frozen items



Young's free from frozen fish fingers

<https://youngsfoodservice.co.uk/>



Birds Eye free from fish fillets, fish fingers and chicken nuggets

<https://www.birdseye.co.uk/>



Whole Creations dairy free pizzas – available in sheesey garlic bread, veggeroni, roasted tomato and basil and butternut squash, red pepper & caramelised onion

<https://wholecreations.co.uk/>



White Rabbit sourdough pizzas – available in margarita, jackfruit, chick'n arrabbiata, smokin' vegan, vegan gardener, garlicky mushroom

<https://www.whiterabbitpizza.co.uk/>

Supermarket own-brand free from milk pizzas and other frozen items are also available

Chocolate spreads



Askeys desserts sauces – chocolate, strawberry, chocolate chunk crackin, chocolate orange crackin – **Note:** toffee sauce contains milk

<https://www.askeys.co.uk/>



Nature's store hazelnut and cocoa spread

<https://www.natures-store.co.uk/>



Sweet freedom – choc pot, chocolate syrups, fruit syrups

<https://www.sweetfreedom.co.uk/>



Vego chocolate hazelnut spread

<https://vego-chocolate.com/en/>

Disclaimer:

This information has been put together by the Paediatric Dietitians at University Hospitals Leicester NHS Trust. The information is to help you find products that your child can eat and increase the range of foods in their diet. Products and their ingredients change on a regular basis. We recommend that you always check food labels before giving a product to your child.

Contact details: Dietetics and Nutrition Department: 0116 258 5400

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk