

Index

• *Symbols and Numerics* •

- 12 contaminated foods (the “dirty dozen”), 105
- 100 Percent Organic (labeling), 105

• *A* •

- abdominal pain (cramps)
 - food allergies, 33–34
 - lactose intolerance, 11, 22, 35, 37–38, 288
- advice, individualized
 - dairy alternatives, 43
 - food allergies, 34
 - locating a dietician, 4, 61
 - nutrition counseling, 56, 71
 - special dietary needs, 246
 - vegan diets, 257
- aging. *See* dairy-free lifestyle for older adults
- air and water pollution
 - animal agriculture, 290
 - coal-fired power plants, 249
 - dairy-free lifestyle and, 13, 30–31
 - vitamin D and, 54
- airline food, dealing with, 240–241
- alcohol, 96, 245, 301
- allergic reactions. *See* milk allergies
- Almond Breeze (almond milk), 294
- almond milk
 - allergic reactions, 34
 - how to make, 90
 - as nondairy alternative, 14–15, 294
 - replacing dairy, 85–87
- American Academy of Allergy, Asthma, & Immunology, 23
- American Academy of Pediatrics, 56
- American diet
 - milk and milk byproducts in, 14
 - politics and economics of, 32–33
- American Dietetic Association (ADA), 31, 61, 74
- anemia
 - in infants, 254
 - during pregnancy, 246
 - from a vitamin B12 deficiency, 57, 277
- animal agriculture
 - climate change and, 29–30
 - cultural traditions, 38
 - dairy-free lifestyle and, 14
 - environmental impacts, 290–291
 - ethics, 30–32
 - global warming, 289–290
 - politics and economics, 32–33
 - treatment of animals, 291–292
- Animal Factories* (Mason and Singer), 31
- antibiotic resistance, 291
- antibodies (immunoglobulins), 253
- antihistamines, 24
- appliances, kitchen
 - food processors, 113–114
 - high-speed blenders, 111–113
 - ice cream machines, 115–116
 - juicers, 112, 122
 - mixers, 114–115
- Archives of Internal Medicine, 59
- Aronson, Dina (author), 74
- aseptic packaging, nondairy milk, 91–92
- assumptions about you, 3–4
- Atlas, Nava (author), 259
- attitude and flexibility
 - with children, 220–221
 - dealing with restaurant wait staff, 237–238
 - eating at restaurants, 227–229
 - eating outside the home, 19
 - family meal planning, 218–220
 - while traveling, 242
- autism, 25, 289

• B •

baby formula, 27, 299–300
Bailey’s Irish Cream (liqueur), 301
baked goods and baking mixes, 65, 181–182, 300
Basic Four Food Groups, 46
Baur, Gene (author), 31
benefits, milk-drinking
 health effects compared to, 21–27
 nutritional value, 10–11
 risks and rewards, 44
 weight loss, 27–28
 when a “good thing” is wrong, 11
beta carotene (vitamin A), 59–60
bloating
 lactose intolerance, 11, 22, 37–38, 288
 milk allergies, 289
blogs/blogging
 documenting lifestyle changes, 43
 rating dairy-free products, 89–90
 On The Table (blog), 71
blood sugar. *See* diabetes
blood test, for a milk allergy, 252–253
Body Mass Index (BMI), 55
bone density, 50
bones, maintaining healthy
 minimizing sodium, 281–282
 nutritional goals for, 280–281
 role of physical activity, 50, 282–283
 strategies, 283–284
bovine beverage (cow’s milk), 9
bovine bodily fluid (cow’s milk), 28
bread recipes
 Banana Bread, 184
 Cheddar Cheese Bread, 182–183
 Country Cornbread, 185
 Multigrain Crescent Rolls, 186–187
breakfast cereals, 55, 57–58, 60, 249, 300
breakfast recipes
 Blueberry Pecan Pancakes, 132
 Calypso Fruit Salad, 128

Cranberry Walnut Oatmeal, 130
Easy French Toast, 133
Juicy Jump-Start, 124
Masala Chai Tea, 122
Montana Morning Mocha Joe, 125
Multigrain Waffles, 131
Soy Cheese and Mushroom Scramble, 129
Spinach and Soy Cheese Quiche, 126–127
breastfeeding
 compared to bottle feeding, 250–252
 health benefits, 27
 nutritional supplements, 60
 vitamin B12 and, 249, 254
 vitamin D and, 54
broccoli, as calcium source, 50
butter and margarine
 nondairy alternatives, 88–89, 296–297
 removal from the kitchen, 83–84
buying in bulk, 103, 303–304

• C •

caffeinated drinks, 10–11, 245
cake and pie recipes
 Island Upside-Down Cake, 206–207
 Italian Ice Cream Pie, 201
 Poppy Seed Cake, 202–203
 Quick and Easy Tofu Cherry Cheesecake, 204–205
calcium
 the importance of, 47
 aging and, 279–281
 determining how much you need, 47–50
 effects of exercise on, 282–283
 effects of sodium on, 281–282
 identifying nondairy sources, 50–52
 meal-planning guidelines, 96
 during pregnancy, 248
 recommendations for children, 264–265

- cancer
dairy products and, 289
smoking and, 59
soy products and, 86
vitamin D recommendations and, 56
- candy, 245, 271, 300–301
- casein and skim milk solids
autism, 25, 289
in coffee creamers, 301
finding hidden sources of, 11, 65–66, 84
in infant formula, 252
milk allergies and, 23–24
in nondairy cheeses, 296
- celiac disease (gluten-induced enteropathy), 37
- cheeses. *See also* nondairy cheese
nondairy substitutes, 14–15, 88
removal from the kitchen, 82–83
saturated fats and, 25
as source of dairy, 64–65
- chemotherapy, lactase deficiency and, 37
- children. *See also* infants
avoiding dairy at school, 272
avoiding dairy away from home, 273
calcium recommendations, 264–265
dairy-free snacks, 258
food jags, 256
growth rate charts, 263–264
healthy eating habits, 256, 261–262
junk food, 245, 264, 270–271
learning to find hidden dairy, 273
living a dairy-free lifestyle, 266–267
making food decisions, 269, 309–310
meal planning, 220–221, 256–257, 262–263, 267–268
picky eaters, 270
setting a good example for, 268–269
vegan diet, 257
vegetarian options, 258
vitamin D recommendations, 265–266
- Chinese cabbage, as calcium source, 50
- Chinese cuisine, 223, 233
- cholecalciferol (vitamin D), 266
- cholesterol
coronary heart disease, 24–25
dietary fiber, 288–289
saturated fats, 288
- climate change. *See* global warming
- coffee and tea, 10–11
- Coffee-Mate Fat Free Original (coffee creamer), 301
- comparison shopping, 16, 102–103, 304
- convenience foods, 76, 242, 303
- conventions, using book, 2
- cookies, 109, 114–115, 245, 271, 278, 300, 313
- cooking with dairy-free ingredients. *See also* how-to cooking tips; recipes
adapting recipes, 17, 116–118
appliances, 111–116
considerations, 107–108
nondairy cheeses, 109–110
nondairy milks, 108–109
sour cream and yogurt, 110–111
- co-ops (food cooperatives), 99, 101
- copper, 59
- coronary heart disease
cholesterol, 24–25
dairy products and, 289
saturated fats, 83, 272, 288
soy and, 86
- Costco (warehouse stores), 87, 101, 303
- counseling. *See* dietary
recommendations/counseling
- coupons, saving money, 103–104, 305–306
- cow's milk. *See also* milk allergies; milk byproducts; nondairy milk
defined, 10
estimates of world production, 291
government guidelines, 46
not meant for humans, 44, 287
nutritional values, 10–11

cow's milk (*continued*)

- off-limits for infants, 254
- removal from the kitchen, 82–83
- as source of calcium, 47–50
- as source of dairy, 64–65
- as source of riboflavin, 57
- as source of vitamin B12, 57–58
- as source of vitamin D, 55–56
- vitamin D fortification, 55–56
- weight loss benefits, 27–28
- cow's milk, other terms for
 - bovine beverage, 9
 - bovine bodily fluid, 28
 - mammary secretions, 13
 - moo juice, 10–11
- cramps. *See* abdominal pain
- cream cheese
 - making your own, 306, 312
 - nondairy alternatives, 297
 - as source of dairy, 11, 15, 81–82
- Crohn's disease, 37
- cross-contamination, 23–24
- cruise ships, dining, 241–242
- cultural traditions
 - eating habits, 12
 - role of dairy, 1, 9, 38, 42–43
 - role of food, 18

• D •

- da Vinci, Leonardo (artist), 31
- dairy alternatives. *See* nondairy foods
- dairy industry. *See* animal agriculture
- dairy products. *See also* cow's milk
 - finding hidden sources, 11, 16, 65–66, 299–302
 - managing allergic reactions, 23–24
 - reasons for eliminating, 287–292
 - removal from the kitchen, 81–85
 - shopping for alternatives, 76

dairy-free lifestyle. *See also* nondairy foods

- addressing reasons for, 13, 21, 287–292
- American diet and, 14
- author's discovery of, 241
- basics of starting, 4–5
- budgeting and saving money, 303–307
- cultural traditions, 12
- dealing with challenges, 17–19, 42–44
- determining limits for dairy, 41–42
- entertaining guests, 222–223
- explaining it to a hostess, 224–226
- explaining it to family and friends, 77, 215–217
- focusing on realistic expectations, 78
- as a lifelong goal, 19–20
- maintaining good attitude and flexibility, 18, 218–220, 227–229, 237–238
- during pregnancy, 243–246
- risks and rewards, 44
- vegetarianism and, 31
- while traveling, 238–242
- dairy-free lifestyle for children. *See also* children; infants
 - calcium and vitamin D, 264–266
 - dealing with junk food, 270–271
 - handling picky eaters, 270
 - for infants and toddlers, 254–259
 - making it fun, 309–313
 - nutritional needs, 262–263
 - as a parental decision, 266–267
 - at school and away from home, 272–273
 - setting a good example, 268–269, 313
 - ways to encourage, 267–268
- dairy-free lifestyle for older adults
 - aging, 275–276
 - calcium needs, 279
 - changes in nutrient needs, 276–277
 - maintaining bone health, 280–281
 - nutritional supplements, 61
 - physical activity needs, 282–284
 - preventing calcium loss, 281–283

- vitamin B12 needs, 277
 - vitamin D needs, 279
 - dairy-free lifestyle, making the transition
 - about starting, 63–64
 - applying simple steps, 67–69
 - avoiding dairy, 71–75
 - eating outside the home, 77–78
 - identifying sources of dairy, 64–65
 - locating hidden sources of dairy, 65–66, 299–302
 - setting expectations, 78
 - shopping for dairy-free alternatives, 75–76
 - supporting others during, 217
 - deforestation, 29, 291
 - desserts. *See* recipes for cakes and pies; recipes for ice cream; recipes for smoothies and pudding
 - diabetes
 - dairy products and, 289
 - dietary fiber and, 288–289
 - in infants fed cow’s milk, 254
 - vitamin D recommendations and, 56
 - diarrhea
 - food allergies, 33–34
 - lactase deficiency, 37
 - lactose intolerance, 11, 22, 35, 37–38, 288
 - milk allergies, 23, 289
 - diet
 - cultural traditions, 38
 - eating habits, 12
 - risks and rewards, 44
 - role of dairy, 1, 9, 38
 - role of food, 18
 - dietary fiber, 13, 288–289
 - Dietary Guidelines for Americans (DGA), 32–33, 272
 - dietary recommendations/counseling
 - calcium, 47–50, 279
 - for children, 264–266
 - during dairy-free transition, 71
 - environmental implications, 30
 - getting help with, 43
 - during pregnancy, 244–249
 - vitamin B12, 277
 - vitamin D, 56, 279
 - dietary restrictions
 - of dairy-free lifestyle, 18–20
 - during pregnancy, 249
 - entertaining guests in the home, 222–223
 - explaining to a hostess, 224–226
 - explaining to family and friends, 215–217
 - dip and spread recipes
 - Baba Ghanouj, 168–169
 - Baked Garlic Spread, 174–175
 - Bean and Cheese Dip, 172
 - Maple Nut Spread, 173
 - Spinach and Artichoke Hummus, 170–171
 - Tofu Sour Cream, 171
 - the “dirty dozen” (contaminated foods), 105
 - diuretics
 - caffeinated drinks as, 10
 - finding hidden dairy in, 65
 - D-lactose, 65
 - docosahexaenoic acid (DHA), 60
 - Dooley’s (cream liqueur), 301
 - dressings. *See* recipes for sauces and dressings
 - drinking water, 30, 290
 - Duenwald, Mary (author), 244
- **E** ●
- Earth Balance (nondairy spread), 89, 99, 297
 - Earth Fare (food stores), 101
 - eating at home, saving money by, 306

- eating outside the home. *See also* family and friends; restaurant dining
 - adjustments for, 77–78
 - children, 272–273
 - dairy-free lifestyle when, 19
 - dealing with wait staff, 237–238
 - explaining your diet to a hostess, 224–226
 - maintaining a good attitude and flexibility, 227–229
 - selecting a restaurant, 229–234
 - studying the menu, 234–237
 - while traveling, 238–242
 - Eddleman, Keith (author), 244
 - EdenSoy (soymilk), 87, 90, 252
 - elimination diet, lactose intolerance, 40–41
 - empty-calorie foods
 - aging and, 277
 - avoiding, 96
 - during pregnancy, 245
 - soft drinks, 10–11
 - energy bars/sports bars, 302
 - entertaining. *See also* eating outside the home
 - dairy-free meal suggestions, 223
 - hosting dairy eaters, 222–223
 - when you are the guest, 224–226
 - environmental issues
 - dairy products, 1, 21, 28–30
 - dairy-free lifestyle, 13
 - mercury contamination, 249
 - pesticide contamination, 105
 - Environmental Protection Agency (EPA), 249
 - environmental score, 30
 - Environmental Working Group (EWG), 105, 249
 - epinephrine, 24
 - ethics
 - addressing dairy habits, 1
 - of avoiding dairy, 216
 - of consuming dairy products, 21, 30–32
 - treatment of animals, 291–292
 - ethnic background, lactose intolerance and, 38–40, 288
 - ethnic cuisine
 - dairy-free meal suggestions, 223
 - eating outside the home, 232–233
 - from ethnic food stores, 101
 - ethnic entree recipes
 - Baked Seven-Layer Burrito, 163–164
 - Indonesian Saté, 166
 - Spanish Paella with Shrimp, 164–165
 - Spicy Vegetable Curry, 162
 - Ethiopian cuisine, 233–234
 - exercise
 - maintaining bone health, 282–284
 - needs change with aging, 276–277
 - during pregnancy, 245
 - relationship to calcium intake, 50
 - relationship to calcium retention, 282–283
 - exercise diary, 284
- **F** ●
- Fahrenheit (temperature), 2
 - family and friends. *See also* children; eating outside the home
 - bulk buying and sharing with, 304–305
 - explaining your diet to, 77, 215–217
 - following a dairy-free lifestyle with, 18–20
 - food options for dairy eaters, 222–223
 - meal planning and preparation, 218–221
 - nondairy meals for dairy eaters, 221–222
 - responding to questions, 266–267
 - Farm Sanctuary: Changing Hearts and Minds About Animals and Food* (Baur), 31
 - fast-food restaurants, 230

- fat malabsorption, vitamin D and, 55
Fleishmann's Light Margarine (nondairy spread), 297
folic acid (vitamin B9), 244, 247
Food Allergen Labeling and Consumer Protection Act of 2004, 72
food allergy. *See* milk allergies; nut allergies; soy allergies
Food Allergy & Anaphylaxis Network (FAAN), 24
Food Allergy Survival Guide (Melina, Stepaniak, and Aronson), 74
Food and Agriculture Organization (FAO), 289–290, 291
food cooperatives, 99, 101
food diary
 for aging adults, 284
 developing awareness, 43
 monitoring progress, 69–71
Food Fight (online shopping), 101
Food Guide for North American Vegetarians, 95
food guides. *See* meal-planning guides
food jags, 256
food labels
 finding dairy-free products, 16, 71–73
 finding the hidden sources of dairy, 66
 identifying cross-contamination, 23–24
 identifying environmental impact, 30
 infant formula, 252
 natural and organic, 104–106
 pareve/parve labeling, 89
food mixers, 114–115
Food Politics: How the Food Industry Influences Nutrition and Health (Nestle), 33
food processors, 113–114
fortified foods
 breakfast cereals, 57–58, 60
 calcium, 265
 for infants, 253
 nondairy milk, 87
 during pregnancy, 248–249
 vitamin D, 55–56, 265–266
Franklin, Benjamin (statesman), 31
fruit juices, 10–11
fun, dairy-free living can be, 309–313
- **G** •
- galactose, 26, 36–37
gardening, 268
gastric bypass surgery, 55
gastrointestinal problems
 from feeding cow's milk to infants, 254
 lactose intolerance, 11, 22, 37–38, 288
 milk allergies, 289
generic products, 305
genetic testing, 41
genetics, lactose intolerance and, 38–40, 288
gerontology (science of aging), 275
global warming
 animal agriculture and, 289–291
 dairy products and, 29–30
 dairy-free lifestyle and, 14
glucose, 36–37
gluten (wheat protein), 25
gluten-induced enteropathy. *See* celiac disease
goat's milk, 23
Good Medicine (newsletter), 74
greenhouse gases. *See* global warming
grocery lists, 96–99
growth and development. *See also* children; infants
 growth charts for children, 263–264
 human body needs for milk, 1
 during pregnancy and infancy, 27
 why lactose intolerance occurs, 36–37

• H •

Hagler, Louise, 204
 hardening of the arteries. *See* coronary heart disease
 health, dairy products and
 autism, 25
 heart disease, 24–25
 irritable bowel syndrome, 26
 lactose intolerance, 22
 milk allergies, 23–24
 negative effects of, 21–22, 289
 ovarian cancer, 26
 prostate cancer, 27
 weight gain, 27–28
 health, nondairy diet and
 author's discovery of, 241
 explaining to family and friends, 216–217
 modeling healthy choices, 268–269
 during pregnancy, 246–249
 risks and rewards, 44
 sources of support, 43
 health emergencies, allergic reactions, 23–24
 health insurance, 71
 health problems, testing for
 lactose intolerance, 41
 milk allergies, 252–253
Healthy Eating for Life for Children (PCRM), 259
 heart disease. *See* coronary heart disease
 Heather Cream (liqueur), 301
 high-protein drink powders, 301
 high-speed blenders, 111–113
 hives, from a milk allergy, 23
 Hobbs, Suzanne Havala (author), 29, 31
 how-to cooking tips
 artichoke, preparing hearts, 171
 bread dough, kneading, 183
 burrito, folding a, 164

citrus, using a fork to juice, 124
 crescent rolls, forming, 187
 garlic, mincing, 169
 garlic, roasting and preparing, 175
 ginger, peeling and slicing, 123
 leeks, slicing, 139
 mango, peeling and dicing, 128
 nondairy foods, making them yourself, 306
 onion, chopping, 127
 peppers, coring and seeding, 143
 pineapple, peeling and coring, 207
 potatoes for mashing, 146
 salads, adding flair to, 140
 shrimp, cleaning and deveining, 165
 teaching children, 310–311
 hydrogen breath test, 41
 hypoallergenic foods, 34, 253

• I •

ice cream and dairy desserts. *See also*
 nondairy ice cream
 removal from the kitchen, 85
 saturated fats, 25
 sherbet/sorbet, 115–116, 302
 as source of dairy, 64–65
 ice cream machines, 115–116
 ice cream recipes
 Chocolate Tofu Ice Cream, 209
 Mint Chocolate Chip Ice Cream, 210
 Peach Ice Cream, 211
 Strawberry Tofu Ice Cream, 208
 teaching children to make their own, 312
 icons, explained, 6
 immunoglobulins (antibodies), 253
 Indian cuisine, 233
 infants. *See also* children; pregnancy
 baby formula, 299–300
 bottle-feeding basics, 251–252
 breastfeeding compared to the bottle, 250–251

identifying milk allergies, 252–253
 introducing dairy-free foods, 254–255
 introducing solid foods, 253–254
 inflammatory bowel disease, 38
 ingredient labels. *See* food labels
 instant mashed potatoes, 302
 Institute of Medicine of the National Academies, 25, 59, 264
 International Delight (coffee creamer), 301
 intestinal biopsy, 41
 iron
 fortified foods for infants, 253
 lacking in milk, 46
 during pregnancy, 245–246, 247
 supplements for infants, 254
 irritable bowel syndrome (IBS), 26, 38
 Isomil (infant formula), 252
 Italian cuisine, 232

• J •

Japanese cuisine, 223
 Jewish dietary law, 89
 journaling, 43. *See also* exercise diary;
 food diary
 juicers, 112, 122
 junk food
 effect on children, 264, 270–271
 effect on older adults, 276–277
 learning to limit intake, 278–279
 during pregnancy, 245

• K •

kale, as calcium source, 50
 kitchen
 appliances, 111–116
 basics of setting up the, 5
 removing dairy products, 15, 81–85
 replacing dairy with nondairy, 85–91
 kosher foods, 89

• L •

labeling. *See* food labels
 lactalbumin, 65–66
 lactase (enzyme), 22, 35–37, 288
 lactase deficiency, 37
 lactase nonpersistence, 37
 lactose (milk sugar), 22, 35, 65, 288
 lactose intolerance
 advice and guidance for, 2
 dairy health effects, 11, 22
 defined, 35–36
 determining your limits to dairy, 41–42
 diagnostic tests, 40–41
 effect of ethnic background on, 38–40
 symptoms, 14, 37–38, 288
 understanding why it occurs, 36–37
 lactose malabsorption, 22, 37
 Lanou, Amy (author), 259
 leftovers, using, 307
 liqueurs, 301
 “Livestock’s Long Shadow” (FAO, 2006), 289–290
Living Vegetarian For Dummies (Hobbs), 29, 31, 60, 257

• M •

Mail Order Catalog for Healthy Eating (online store), 101
 main dish/entree recipes
 Chicken and Vegetable Casserole, 152–153
 Easy Vegetable Lasagna, 154–155
 Manicotti with Tofu, Spinach, and Mushrooms, 150–151
 Spaghetti with Spicy Marinara Sauce, 154
 Zucchini Parmesan, 156
 mammary secretions (cow’s milk), 13
 Mangels, Reed (author), 259
 margarine. *See* butter and margarine

- Mason, Jim (author), 31
Mayo Clinic, 40
McCann, Jennifer (author), 259
meal planning and preparation
 applying a dairy-free lifestyle, 93–94
 cooking dairy-free, 17
 creating a grocery list, 96–99
 dealing with mixed families, 218–220
 de-dairying the kitchen, 15
 eating outside the home, 19
 feeding children, 256–257, 262–264
 feeding infants, 254–255
 getting family involved, 18–19, 220–221, 267–268
 low-cost food staples, 102
 nondairy meals for dairy eaters, 221–222
 options for dairy eaters, 222–223
 participatory approach, 221
 shopping for dairy-free supplies, 16
 when dining out, 228–229
meal-planning guides
 babies ages 4 to 12 months, 255
 children ages 4 to 13 years, 263
 Food Guide for North American Vegetarians, 95–96
 MyPyramid, 94–95
 toddlers ages 1 to 3 years, 257
meat and dairy industry. *See* animal agriculture
meat-free lifestyle. *See* veganism/vegetarianism
medicines, finding hidden dairy in, 65
Melina, Vesanto (author), 74
mercury contamination, 249
methane gas, 30, 289–290
Mexican cuisine, 232
Middle Eastern cuisine, 223, 234
milk. *See* cow's milk; nondairy milk
milk allergies
 baby formula and, 27
 causes, 23
 finding advice and guidance, 2
 infant testing, 252–253
 versus lactose intolerance, 38
 managing, 23–24
 reading ingredient labels, 71–73
 symptoms, 289
milk byproducts. *See also* casein and skim milk solids
 in the American diet, 14
 finding hidden sources, 11, 65–66, 84, 299–302
milk moustache advertising, 38
moo juice (cow's milk), 10–11
morality. *See* ethics
mother's milk, transitioning beyond, 22
multiple sclerosis, 56
MyPyramid (dietary guidelines), 46, 94–95
- **N** ●
- Nardozzi, Charlie (author), 268
National Digestive Diseases Information Clearinghouse (NDDIC), 40
National Institutes of Health Consensus Development Conference, 40
National School Lunch Program, 32–33
natural foods
 availability in supermarkets, 100
 defined, 104
 dining out options, 231
 shopping for, 16, 100–101
nausea
 food allergies, 33–34
 lactose intolerance, 22, 37–38, 288
 milk allergy, 23
Nestle, Marion (author), 33
neural tube defects, 244
neuropathy, 57–58
nitrous oxide, 30

- nondairy cheese
 - adding to hot sandwiches, 157
 - cooking with, 109–110, 307
 - replacing dairy with, 88, 296
 - versatility, 103
- nondairy coffee creamer, 16, 33, 85, 100, 295, 301
- nondairy food alternatives
 - cooking with, 17
 - fast-food restaurants, 230
 - food allergies, 33–34
 - replacing dairy with, 85–91
 - saturated fats, 288
 - as source of calcium, 50–52
 - as source of riboflavin, 57
 - as source of vitamin B12, 58
 - as source of vitamin D, 55–56
 - taste and function, 89–91
 - taste test game for children, 311
 - versatility, 103
- nondairy foods
 - beginner's guide to, 293–297
 - creating a healthy diet, 14–15, 43–44
 - cultural traditions, 12
 - healthy snacks for children, 271
 - for infants, 254–255
 - low-cost staples, 102
 - natural compared to organic, 104–106
 - packaging and shelf life, 91–92
 - reading ingredient labels, 71–73
 - selections for mixed families, 220–221
 - shopping for, 76, 96–99, 101–104
- nondairy ice cream, 89, 295, 312. *See also* recipes for ice cream
- nondairy lifestyle. *See* dairy-free lifestyle
- nondairy margarine. *See* butter and margarine
- nondairy milk. *See also* almond milk; cow's milk; rice milk; soymilk
 - as alternative to cow's milk, 14–15
 - bottle-feeding basics, 251–252
 - cooking with, 108–109
 - flavored options, 13, 86–87, 103, 109
 - packaging and shelf life, 91–92
 - during pregnancy, 248
 - replacing dairy with, 86–87
 - versatility, 103
- nondairy yogurt. *See* yogurt
- normal distribution, population, 263–264
- North American Vegetarian Society (NAVS), 74
- nut allergies, 34, 87
- nut milk. *See* almond milk
- nutrition
 - about the science of, 6
 - advice on infant diet, 254
 - breastfeeding compared to the bottle, 250–252
 - for children, 262–263
 - Dietary Guidelines for Americans (DGA), 32–33
 - eating whole foods, 279–280
 - needs change with aging, 276–277
 - nondairy sources, 14–15
 - during pregnancy, 244–249
- nutrition bars, 302
- nutrition counseling. *See* dietary recommendations/counseling
- nutritional supplements. *See also* vitamins and minerals
 - about the science of, 58–60
 - assessing your needs, 60–61
 - calcium, 37–52
 - during pregnancy, 247
 - milk as, 45–46
 - riboflavin, 57
 - vitamin B12, 57–58
 - vitamin D, 53–56
- nutritional values
 - environmental score compared to, 30
 - milk compared to other beverages, 10–11
- nutritional yeast, 88

• 0 •

- obesity. *See also* weight gain/loss
 - breastfeeding compared to the bottle, 251
 - milk consumption, 28
 - vitamin D deficiency, 55
- omega-3 fatty acids, 60
- omnivore, 21–22
- 100 Percent Organic (labeling), 105
- online shopping, 101
- organic foods
 - availability in supermarkets, 100
 - defined, 105
 - labeling, 106
 - used in book recipes, 2
- Organic Foods Production Act of 1990, 106
- Organic Valley (soymilk), 252
- osteoporosis, 47, 275, 280
- ovarian cancer, 26
- oxalates, relationship to calcium, 49–50

• p •

- packaging and shelf life, 91–92
- pareve/parve labeling, 89
- partially hydrogenated oils, 83–84, 296–297
- People for the Ethical Treatment of Animals (PETA), 32
- pesticide contamination, 30, 105, 290
- phosphorus, relationship to calcium, 48–49
- physical activity. *See* exercise
- Physicians Committee for Responsible Medicine (PCRM), 74–75, 259
- phytates, relationship to calcium, 49–50
- phytochemicals, 46
- pies. *See* recipes for cakes and pies

- pizza. *See* recipes for pizza and snacks
- plant foods, as calcium source, 50–52
- politics and economics
 - American diet, 32–33
 - animal agriculture, 29–30
 - of avoiding dairy, 216
 - dairy products and, 21
 - role of dairy in diet, 38
- pollution. *See* air and water pollution
- population, normal distribution, 263–264
- pregnancy. *See also* infants
 - basic advice, 244–245
 - calcium needs, 248
 - dealing with a healthcare provider, 245–246
 - milk consumption and, 27
 - nutritional supplements, 60
 - vitamin B12 needs, 249
 - vitamin D needs, 248–249
- Pregnancy For Dummies*, 3rd Edition (Stone, Eddleman, and Duenwald), 244
- prenatal supplements, 247
- private-label brands, 16, 102–103, 305
- processed foods
 - as hidden source of dairy, 11, 65–66
 - junk food, 245, 264, 270–271
 - margarine and blended spreads, 83–84
 - nondairy food alternatives, 76
- Prosobee (infant formula), 252
- prostate cancer, milk consumption and, 27
- protein
 - milk-allergy testing, 253
 - powder drinks, 301
 - relationship to calcium intake, 49
 - relationship to calcium retention, 283
 - in the vegan diet, 257
- pudding. *See* recipes for smoothies and pudding
- Pythagoras (mathematician), 31

• R •

- radiation, lactase deficiency and, 37
rashes, from a milk allergy, 23
recipes. *See also* cooking with dairy-free ingredients
basics of using, 5
how to make almond milk, 90
how to make buttermilk, 109
how to make ricotta/cottage cheese, 110
making nondairy foods yourself, 118, 306
nondairy adaptations, 116–117
recipes for breads
Banana Bread, 184
Cheddar Cheese Bread, 182–183
Country Cornbread, 185
Multigrain Crescent Rolls, 186–187
recipes for breakfast
Blueberry Pecan Pancakes, 132
Calypso Fruit Salad, 128
Cranberry Walnut Oatmeal, 130
Easy French Toast, 133
Juicy Jump-Start, 124
Masala Chai Tea, 122–123
Montana Morning Mocha Joe, 125
Multigrain Waffles, 131
Soy Cheese and Mushroom Scramble, 129
Spinach and Soy Cheese Quiche, 126–127
recipes for cakes and pies
Island Upside-Down Cake, 206–207
Italian Ice Cream Pie, 201
Poppy Seed Cake, 202–203
Quick and Easy Tofu Cherry Cheesecake, 204–205
recipes for dips and spreads
Baba Ghanouj, 168–169
Baked Garlic Spread, 174–175
Bean and Cheese Dip, 172
Maple Nut Spread, 173
Spinach and Artichoke Hummus, 170–171
Tofu Sour Cream, 171
recipes for ethnic entrees
Baked Seven-Layer Burrito, 163–164
Indonesian Saté, 166
Spanish Paella with Shrimp, 164–165
Spicy Vegetable Curry, 162
recipes for ice cream
Chocolate Tofu Ice Cream, 209
Mint Chocolate Chip Ice Cream, 210
Peach Ice Cream, 211
Strawberry Tofu Ice Cream, 208
teaching children to make their own, 312
recipes for main dishes
Chicken and Vegetable Casserole, 152–153
Easy Vegetable Lasagna, 154–155
Manicotti with Tofu, Spinach, and Mushrooms, 150–151
Spaghetti with Spicy Marinara Sauce, 154
Zucchini Parmesan, 156
recipes for pizza and snacks
Bruschetta, 193–194
Cheeseless Pizza, 188–189
Greek Pizza, 190–191
Mucho Nachos, 192
recipes for sandwiches
adding cheeses to hot sandwiches, 157
Grilled Cheese and Tomato Sandwich, 158
Roasted Red Pepper and Cheese Panini, 159
Vegetable and Cheese Quesadilla, 160–161

recipes for sauces and dressings

- Creamy Italian Dressing, 179
- Green Goodness Ranch Dressing, 180
- Marinara Sauce, 177
- Spinach and Basil Pesto Sauce, 176
- Tofu Alfredo Cream Sauce, 178

recipes for smoothies and pudding

- Creamy Rice Pudding with Cardamom and Raisins, 199
- Favorite Chocolate Pudding, 200
- Grandma's Tapioca Pudding, 198
- Strawberry Kiwi Smoothie, 197
- Very Cranberry Smoothie, 196
- whipping up new smoothie variations, 311

recipes for soups, salads, and sides

- Broccoli and Cheddar Soup, 136
- Confetti Cole Slaw, 143
- Cream of Tomato Soup, 138
- Creamed Potatoes with Brown Gravy, 144–146
- Creamy Potato and Leek Soup, 139
- Curried Carrot Raisin Salad, 141
- Macaroni and Cheese, 148
- No-Dairy Waldorf Salad, 142
- Stuffed Zucchini Boats, 146–147
- West African Peanut Soup, 137

reference, using this book as, 3–4

registered dietician (RD)

- how to locate, 4, 61
- nutritional counseling, 43, 56, 71
- special dietary needs, 246

Remember icon, explained, 6

restaurant dining. *See also* eating outside the home

- attitude and flexibility, 227–229
- choosing the location, 229
- dealing with wait staff, 237–238
- ethnic cuisine, 232–233
- fast-food compared to fine dining, 230

finding the hidden dairy, 234–236

ingredient substitutions, 236–237

studying the menu, 228, 234

vegetarian and natural foods, 231

riboflavin (vitamin B2), 57

Rice Dream (rice milk), 294, 295

rice milk. *See also* nondairy milk

- food allergies, 34
- as nondairy alternative, 14–15, 294
- replacing dairy with, 85–87

rickets (vitamin D deficiency), 53

road trips, packing food for, 239–240

● S ●

saccharum lacticum, 65

Saint Brendan's (cream liqueur), 301

salads. *See* recipes for soups, salads, and sides

Sam's Club (warehouse stores), 101, 303

sandwich recipes

- adding cheeses to hot sandwiches, 157
- Grilled Cheese and Tomato, 158
- Roasted Red Pepper and Cheese Panini, 159
- Vegetable and Cheese Quesadilla, 160–161

saturated fats

- coronary heart disease, 24–25, 288
- dairy products, 289
- dairy-free margarine, 296–297
- pros and cons of soy, 86
- removal from the kitchen, 82–84
- in school lunch programs, 272

sauce and dressing recipes

- Creamy Italian Dressing, 179
- Green Goodness Ranch Dressing, 180
- Marinara Sauce, 177
- Spinach and Basil Pesto Sauce, 176
- Tofu Alfredo Cream Sauce, 178

- school lunch program
 - avoiding dairy, 272
 - providing nondairy alternatives, 78
 - role of dairy in, 38
- Schweitzer, Albert (physician), 30
- selenium, 59–60
- shelf life, nondairy products, 92
- sherbet/sorbet, 85, 115–116, 302
- shopping for nondairy products
 - budgeting and saving money, 303–307
 - comparison shopping, 102–103
 - coupons and buying in bulk, 103–104
 - creating a grocery list, 96–99
 - getting children involved, 267–268, 310
 - natural foods stores, 100–101
 - natural compared to organic, 104–106
 - supermarkets, 100
- side dishes. *See* recipes for soups,
 - salads, and sides
- sidebars, how to use, 3
- Silk (soymilk), 87, 88, 90, 101, 252, 294, 295
- Simply Vegan: Quick Vegetarian Meals*, 4th Edition (Wasserman and Mangels), 259
- Singer, Peter (author), 31
- skin test, for a milk allergy, 252–253
- Smart Balance (nondairy spread), 89, 297
- smoking, 59–60, 245
- smoothie and pudding recipes
 - Creamy Rice Pudding with Cardamom and Raisins, 199
 - Favorite Chocolate Pudding, 200
 - Grandma's Tapioca Pudding, 198
 - Strawberry Kiwi Smoothie, 197
 - Very Cranberry Smoothie, 196
 - whipping up new smoothie variations, 311
- snacks
 - choices for children, 258
 - choices for older adults, 278–279
 - energy bars/sports bars, 302
 - limiting junk food, 245, 264, 270–271
 - snacks and pizza recipes
 - Bruschetta, 193–194
 - Cheeseless Pizza, 188–189
 - Greek Pizza, 190–191
 - Mucho Nachos, 192
 - So Delicious (nondairy products), 295
 - Socrates (philosopher), 31
 - sodium (salt)
 - relationship to calcium intake, 48–49
 - relationship to calcium retention, 281–282
 - soft drinks, 10–11
 - soup, salad, and sides recipes
 - Broccoli and Cheddar Soup, 136
 - Confetti Cole Slaw, 143
 - Cream of Tomato Soup, 138
 - Creamed Potatoes with Brown Gravy, 144–146
 - Creamy Potato and Leek Soup, 139
 - Curried Carrot Raisin Salad, 141
 - Macaroni and Cheese, 148
 - No-Dairy Waldorf Salad, 142
 - Stuffed Zucchini Boats, 146–147
 - West African Peanut Soup, 137
 - sour cream and whipped cream
 - cooking with, 110–111
 - nondairy alternatives, 297
 - removal from the kitchen, 84–85
 - as source of dairy, 64–65
 - soy allergies
 - infants and, 253
 - nondairy alternatives, 33
 - reading ingredient labels, 71–73
 - soy foods, pros and cons of, 86
 - soy yogurt. *See* yogurt
 - Soymage (nondairy cheese), 296, 297
 - soymilk. *See also* nondairy milk
 - allergic reactions, 33
 - infant formula, 252
 - as nondairy alternative, 14–15, 293–294
 - replacing dairy with, 85–87
 - vanilla-flavored, 265, 293–294, 311

specialty foods stores, 101
 spina bifida (birth defect), 244
 spreads. *See* recipes for dips and spreads
 Stepaniak, Joanne (author), 74, 259
 Stone, Joanne (author), 244
 stool acidity test, 41
 store brands, 16, 102–103, 305
 strokes. *See* coronary heart disease
 sunshine vitamin. *See* vitamin D
 supermarkets, for nondairy products, 100
 swelling of mouth and throat, 23

• T •

On The Table (blog), 43, 71
 Technical Stuff icon, explained, 6
 temperature, Fahrenheit, 2
 Tip icon, explained, 6
 tobacco use. *See* smoking
 tofu
 cooking with, 116–117
 as dairy substitute, 33
 making cheese with, 110
 in meals for children, 255, 257, 263, 312
 use in recipes, 150, 154, 166, 171, 173, 178, 201, 204, 208, 209
Tofu Cookery (Hagler), 204
 Tofutti brand (nondairy products), 88, 297
 Trader Joe's (food stores), 87, 101, 295
 trans fats, 83–84, 296–297
 traveling dairy-free
 considerations for, 238
 eating at sea, 241–242
 eating when flying, 240–241
 packing for road trips, 239–240
 planning for problems, 242
 tree-nut allergies. *See* nut allergies
 12 contaminated foods (the “dirty dozen”), 105

• U •

The Ultimate Uncheese Cookbook: Delicious Dairy-Free Cheeses and Classic “Uncheese” Dishes (Stepaniak), 74, 259
 U.N. Environment Programme, 29
 U.N. Food and Agriculture Organization (FAO), 29
 U.S. Department of Agriculture (USDA), 106
 Dietary Guidelines for Americans, 32–33
 dietary guidelines for milk, 46
 organic food standards, 106
 U.S. Government dietary guidelines, 46, 94–95
 USDA Organic (labeling), 105

• V •

vanilla nondairy milk, 13, 86–87, 103, 109
 vanilla soymilk, 265, 293–294, 311
Vegan Lunch Box: 130 Amazing, Animal-Free Lunches Kids and Grown-Ups Will Love! (McCann), 259
 veganism/vegetarianism
 for children, 257
 dairy-free lifestyle and, 31, 241
 dining out options, 231
 meal-planning guidelines, 95–96
 nutritional supplements and, 60–61
 online shopping for foods, 101
 risks and rewards, 44
 VeganRella (nondairy cheese), 296
Vegetable Gardening For Dummies, 2nd Edition (Nardozi), 268
The Vegetarian Family Cookbook (Atlas), 259
Vegetarian Journal, 74, 259
 Vegetarian Nutrition Dietetic Practice Group (VNDPG), 75

Vegetarian Resource Group (VRG), 74, 259

The Vegetarian Voice (newsletter), 74

Vegi-Kaas (nondairy cheese), 296

vitamin A. *See* beta carotene

vitamin B. *See* riboflavin

vitamin B12

aging and, 277

breastfeeding and, 249, 254

meal-planning guidelines, 96

nondairy sources, 57

during pregnancy, 249

in the vegan diet, 257

vegetarianism and, 60

vitamin C, 59–60

vitamin D

aging and, 279

calcium absorption, 50

deficiency symptoms, 53

dietary recommendations, 56

importance of, 53

meal-planning guidelines, 96

during pregnancy, 248–249

reasons for insufficiency, 54–55

recommendations for children, 265–266

recommendations for infants, 254

in the vegan diet, 257

vitamin E, 59–60

vitamins and minerals. *See also*

nutritional supplements

milk compared to other beverages, 10–11

nondairy sources, 14–15

during pregnancy, 244, 246–249

what science says about, 59–60

whole foods as source of, 279–280

vitamins and minerals, deficiencies

calcium, 47–50

riboflavin and vitamin B12, 57–58

sodium (salt), 48–49

vitamin D, 53–55

Vita-Mix blender, 112

• W •

warehouse stores, 101

Warning icon, explained, 6

Wasserman, Debra (author), 259

Web sites

American Academy of Allergy, Asthma, & Immunology, 24

American Dietetic Association, 31, 61

blogging (Blogger, Typepad), 43

Body Mass Index calculator, 55

dairy-free dining, 228

Environmental Protection Agency, 249

Environmental Working Group, 105, 249

Food Allergy & Anaphylaxis Network, 24

Food and Agriculture Organization, 290

Food Fight, 101

Food Guide for North American Vegetarians, 95–96

Mail Order Catalog for Healthy Eating, 101

Mayo Clinic, 40

MyPyramid (dietary guidelines), 94

National Digestive Diseases Information Clearinghouse, 40

National Institutes of Health Consensus Development Conference, 40

North American Vegetarian Society, 74

People for the Ethical Treatment of Animals, 32

physical-activity guidelines for adults, 283

Physicians Committee for Responsible Medicine, 74–75

On The Table (blog), 43, 71

U.N. Environment Programme, 29

U.N. Food and Agriculture Organization, 29

Vegetarian Nutrition Dietetic Practice Group, 75

Vegetarian Resource Group, 74, 259

weight gain/loss. *See also* obesity
aging and, 276–277

breastfeeding compared to the bottle,
251

dairy health effects, 27–28

dealing with “baby weight,” 27

high-protein drink powders, 301

risks and rewards, 44

role of physical activity in, 283

whey (milk byproduct), 65–66

whole foods, benefits of, 279–280

Whole Foods (food stores), 101

WholeSoy & Co. (nondairy yogurt), 295

Wiley

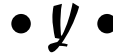
Healthy Eating for Life for Children
(PCRM), 259

Living Vegetarian For Dummies (Hobbs),
29, 31, 60, 257

Pregnancy For Dummies, 3rd Edition
(Stone, Eddleman, and Duenwald),
244

Vegetable Gardening For Dummies,
2nd Edition (Nardozi), 268

World Health Organization (WHO),
289–290



yogurt

cooking with nondairy alternatives,
110–111

nondairy alternatives, 14–15, 88, 295

removal from the kitchen, 82–83

as source of dairy, 64–65

weight-loss benefits, 28