



DAIRY
FREE

Substitutes for Cow's Milk Protein on a **Dairy-Free Eating Plan**

Milk Product	Substitute
1 cup whole milk	1 cup unsweetened, plant-based beverage such as Silk® Original Soymilk or Silk® Extra Creamy Almondmilk. Choose a substitute that has a fat content similar to whole milk.
1 cup fat-free skim milk	1 cup fat-free plant-based beverage
1 cup buttermilk	1 cup soy, almond or oat beverage mixed with 1 tablespoon lemon juice or white vinegar. Let sit for 5-10 minutes before adding to recipe.
1 cup heavy cream	1 cup coconut milk or dairy-free creamer
1 cup butter	1 cup mayonnaise or $\frac{3}{4}$ cup refined olive oil or avocado oil
$\frac{1}{2}$ cup cottage cheese	$\frac{1}{2}$ cup soft tofu
1 cup yogurt	1 cup dairy-free yogurt
1 ounce cheese	1 ounce soy or any dairy-free cheese
1 tablespoon cream cheese	1 tablespoon dairy-free cream cheese
1 cup sour cream	1 cup dairy-free sour cream or 1 cup pureed tofu mixed with 2 tablespoons lemon juice or white vinegar

BOYS TOWN
National Research
Hospital

