



# Websites for Lactose-Free and Dairy-Free Products

Listed below are websites for lactose-free and dairy-free products. Visiting these websites will help you become familiar with lactose-free and dairy-free products. You can also use the “find in stores” or “store location” functions to see if the products are available in your area. Remember, all dairy-free foods will be lactose-free, but a lactose-free product does not necessarily mean it is dairy-free. To visit a website, click on the company name.

## Companies and their lactose-free products:

COMPANY	Milk	Ice cream	Butter	Cheese	Cream cheese	Cottage cheese	Sour cream	Yogurt	Protein shakes	Eggnog
Fairlife®	X								X	
LACTAID®	X	X				X	X			X
Breyers®		X								
Green Valley Creamery®			X	X	X		X	X		
Fage Best Self®								X		
Cabot Creamery®				X*						
Sargento®				X*						

\*Note that aged, hard cheeses such as cheddar, Colby Jack and Parmesan are safe to eat in small amounts such as 1-2 slices per meal.

## Companies and their dairy-free products:

COMPANY	Milk	Ice cream	Butter	Cheese	Cream cheese	Sour cream	Yogurt	Half & Half	Snack foods	Pizza	Mac & Cheese
Silk®	X						X	X			
Forager Project®	X					X	X	X			
So Delicious®	X	X					X				
Ripple®	X							X			
Kite Hill®			X		X	X	X				
Daiya®				X	X					X	X
Tofutti®		X			X	X					
Country Crock®			X								
Earth Balance®			X						X		
Violife®			X	X	X						
Bobo's®									X		
Pamela's®									X		
Mary's Gone Crackers®									X		
Amy's®										X	X
Banza®										X	X
Enjoy Life®									X		