



Metabolic.ie

National Centre for Inherited Metabolic Disorders

Lactose and Galactose Free Alternatives to Dairy



The following milks are suitable in the galactosaemia diet. All milks included are calcium fortified.

****Check the age from which the milk is suitable.**

Soya Milks (Suitable from 1 year)



Alpro Soya Original

200 mls = 2½ calcium portions



Alpro Soya
Wholebean
Unsweetened with
calcium & vitamins

200 mls = 2½ calcium portions



Alpro Light

200 mls = 2½ calcium portions



Alpro Chocolate — Fresh
or UHT—1 Litre carton

250 mls = 2½ calcium portions



Alpro Strawberry—250ml carton

250 mls = 3 calcium portions



Alpro Soya +1 – 1 litre carton

200 mls = 2½ calcium portions



Alpro Vanilla 3 x 250ml cartons

250 mls = 3 calcium portions

Soya Milks continued (Suitable from 1 year)



Holland & Barrett Soya
Non Dairy Alternative
to milk with Calcium &
Vitamins

200 mls = 2½ calcium portions



Provamel Soya
Sweetened Milk with
Calcium + Vitamins

200 mls = 2½ calcium portions



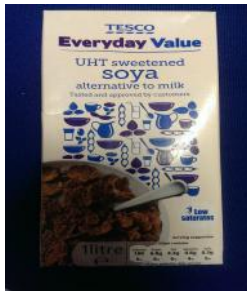
Tesco Sweetened Soya
Alternative to Dairy

200 mls = 2 ½ calcium portions



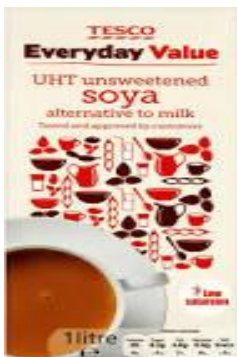
Tesco Free From Soya Sweetened Milk

200 mls = 3 calcium portions



Tesco Everyday Value UHT Soya Sweetened Soya Alternative to Milk

200 mls = 2½ calcium portions



Tesco Everyday Value UHT Unsweetened Soya Alternative Milk

200 mls = 2½ calcium portions

Soya Milks continued (Suitable from 1 year)



Acti Leaf Sweetened Soya Milk (Aldi)

200 mls = 2½ calcium portions



Soywell Soya Alternative to Milk Sweetened (Lidl)

200 mls = 2½ calcium portions



Soywell Soya Alternative to Milk Unsweetened (Lidl)

200 mls = 2½ calcium portions



Marks & Spencer Made Without Dairy Soya Milk

200 mls = 2½ calcium portions



Soya Soleil with Calcium & Vitamins

200 mls = 2½ calcium portions

Coconut Milks (Suitable from 2 years)



Alpro Coconut Milk

200 mls = 2½ calcium portions



Marks & Spencer
Made Without Dairy
Coconut Drink

200 mls = 2½ calcium portions



Koko Dairy Free
Original & Calcium

200 mls = 2½ calcium portions

250 mls = 3 calcium portions

Coconut Milks (Suitable from 2 years)



Koko Dairy Free
Strawberry & Calcium

250 mls = 3 calcium portions



Koko Dairy Free
Chocolate &
Calcium

200 mls = 2½ calcium portions

250 mls = 3 calcium portions

Nut Milks (Suitable from 2 years)



Alpro Almond
Unsweetened

200 mls = 2½ calcium portions



Alpro Almond
Original

200 mls = 2½ calcium portions



Alpro Hazelnut Original

200 mls = 2½ calcium portions



Alpro Almond Dark Chocolate

200 mls = 2½ calcium portions



Blue Diamond Almond Breeze Original Almond Milk

200 mls = 2½ calcium portions



Blue Diamond Almond Breeze Unsweetened Almond Milk

200 mls = 2½ calcium portions

Nut Milks continued (Suitable from 2 years)



Blue Diamond Almond
Breeze Reduced Sugar
Almond Milk

200 mls = 2½ calcium portions



Ecomil Almond Milk
Calcium

200 mls = 2½ calcium portions



Tesco Free From Almond
Alternative to Dairy milk
with added calcium

200 mls = 2½ calcium portions



Marks & Spencer Made Without Dairy Almond Dairy Almond Milk

200 mls = 2½ calcium portions



Almond Dream Original + Calcium

200 mls = 2½ calcium portions

Oat Milks (Suitable from 2 years)



Oat Dream Milk

200 mls = 2½ calcium portions



Oatly Oat Drink Enriched with Calcium & Vitamins

200 mls = 2½ calcium portions



Oatly Chocolate Oat Drink

200 mls = 2½ calcium portions

Rice Milks (Suitable from 5 years)



Alpro Rice Original

200 mls = 2½ calcium portions



Alpro Rice Light

200 mls = 2½ calcium portions



Provamel Organic Rice
Original + Calcium + Vitamins

200 mls = 2½ calcium portions

Rice Milks Continued (Suitable from 5 years)



Rice Dream Original + Calcium

200 mls = 2½ calcium portions

Other Milks (Suitable from 2 years)



Good Hemp Milk

200 mls = 2½ calcium portions

Creams

The following creams are suitable in the galactosaemia diet.



Alpro Soya Single
Cream Fresh (Chilled)

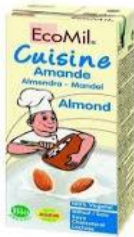


Alpro Soya Single
Cream



Alpro Rice Cuisine

Creams continued



Ecomil Cuisine Amande
almond



Oatly Oat Alternative to
Cream



Provamel Soya Alternative
to Single Cream

Custard



Alpro Soya Custard

½ carton = 3 calcium portions



Alpro Caramel Dessert

1 pot = 1½ calcium portions



Tesco Free from Creme Caramel Dessert

1 pot = 1 calcium portion

Desserts



Alpro Smooth
Chocolate Dessert

1 pot = 1½ calcium portions



Alpro Dark
Chocolate Dessert

1 pot = 1½ calcium portions



Alpro Creamy
Vanilla Dessert

1 pot = 1½ calcium portions

Yoghurts



Alpro No bits
Peach & Pear
Yoghurt

1 pot = 1½ calcium portions



Alpro No bits
Strawberry & Banana
Yoghurt

1 pot = 1½ calcium portions



Alpro Peach /Exotic
Yoghurt

1 pot = 1½ calcium portions

Yoghurts



Alpro Blackberry
Yoghurt/Raspberry
Yoghurt

1 pot = 1½ calcium portions



Alpro Blueberry
Yoghurt/Cherry
Yoghurt

1 pot = 1½ calcium portions



Alpro Simply Plain
Yoghurt

¼ pot 125ml = 1½ calcium portions



Alpro Lemon & Lime Yoghurt

$\frac{1}{4}$ pot = $1\frac{1}{2}$ calcium portions



Alpro Plain with Almond

$\frac{1}{4}$ pot 125ml = $1\frac{1}{2}$ calcium portions



Alpro Plain with Coconut

$\frac{1}{4}$ pot 125ml = $1\frac{1}{2}$ calcium portions

Yoghurts continued



Alpro Simply Vanilla

$\frac{1}{4}$ pot = 1½ calcium portions



Alpro Strawberry with Rhubarb Yoghurt

$\frac{1}{4}$ pot = 1½ calcium portions



Tesco Free from Mango Soya Alternative Yoghurt

1 pot = 1 calcium portion



Tesco Free from Mango Soya Alternative Yoghurt

1 pot = 1 calcium portion



Tesco Free from Raspberry & Passionfruit Soya Alternative Yoghurt

1 pot = 1 calcium portion



Tesco Free from Chocolate Desserts

1 pot = 1 calcium portion

Desserts & Yoghurts continued



Vbites - Wot No Dairy
Raspberry Dessert

1 pot = 1 calcium portion



Vbites - Wot No Dairy
Black Cherry Dessert

1 pot = 1 calcium portion



Vbites—Wot No Dairy
Strawberry Dessert

1 pot = 1 calcium portion



Vbites— Wot No Dairy Peach & Apricot Dessert

1 pot = 1 calcium portion



Vbites - Wot No Dairy Plain Dessert

1 pot = 1 calcium portion

Yoghurts continued



Xotic Lemon Deluxe
Coconut Dessert

1 pot = 1½ calcium portions



Xotic Lime Deluxe
Coconut Dessert

1 pot = 1½ calcium portions



Xotic Mango &
Passion Fruit Deluxe
Coconut Dessert

1 pot = 1½ calcium portions



Xotic Summer fruits
Deluxe Coconut
Dessert

1 pot = 1½ calcium portions

Ice Creams - all of the following ice creams are suitable for the galactosaemia diet. They are available to buy from health food shops. They do not contain calcium.



Booja—Booja Hunky Punky Chocolate Ice cream



Booja—Booja Keep Smiling Vanilla
M'Gorilla Ice cream



Booja—Booja Coconut Hullabaloo Ice cream

Ice creams continued



Nobó - Irish Salted Caramel Ice cream



Nobó—Chocolate and Toasted Almond Ice cream



Nobó - Passion Fruit and Mango Ice cream

Ice creams continued



Nobó—Fresh Lemon
Ice cream



Coyo—Sticky Date &
Tamarind Coconut
Ice cream



Coyo—Natural
Coconut Ice Cream

Ice creams continued



Coyo - Vanilla &
Nutmeg Coconut Ice
cream



Coyo - Raw Chocolate
Coconut Ice cream



Almond Dream—
Mint Chocolate Chip
Ice cream

Spreads

The following spreads are suitable in the galactosaemia diet.



Biona Organic Olive
Extra Spread



Biona Organic
Sunflower Vegetable
Margarine



Marks & Spencer
Made Without Dairy
Sunflower Spread

Spreads continued



Pure Dairy free Sunflower Spread



Pure Dairy free Olive Spread



Pure Dairy free Soya Spread

Spreads continued



Suma Dairy free Sunflower Spread



Suma Dairy free Olive Spread



Suma Dairy free Soya Spread

Spreads continued



Tesco Free from
Sunflower Spread



Tesco Free from
Soya Spread

Cheese

Some cheese is now allowed in the galactosaemia diet but you must choose carefully as not all cheese is suitable.

Samples of various cheeses have been analysed to determine their lactose and galactose content. The following cheeses were found to be suitable for people with galactosaemia:

- Emmental
- Gruyere
- Italian Parmesan
- Grana Padano
- Jarlsberg
- Comte

Emmental



Creamfields Emmental

30 g (matchbox size) = 3 calcium portions

Emmental continued



Entre Mont Emmental

30 g (matchbox size) = 3 calcium portions



Tesco Emmental

30 g (matchbox size) = 3 calcium portions



Président Emmental

30 g (matchbox size) = 3 calcium portions

Grana Padano



Tesco Italian Cheese Grana Padano

30 g (matchbox size) = 3½ calcium portions



Tesco Grated Italian Cheese Grana Padano

30 g (matchbox size) = 3½ calcium portions



Brarrale Grana Padano

30 g (matchbox size) = 3½ calcium portions

Grana Padano continued



Marks and Spencers Grana Padano

30 g (matchbox size) = 3 ½ calcium portions



Dunnes Grana Padano

30 g (matchbox size) = 3 ½ calcium portions



Lovito Grana Padano - Lidl

30 g (matchbox size) = 3 ½ calcium portions

Gruyere



Marks & Spencer's
Swiss Le Gruyere

30 g (matchbox size) = 3 calcium portions



Marks & Spencer's
Gruyere Special
Reserve 1655

30 g (matchbox size) = 3 calcium portions



Tesco Finest Reserve
Produce of Switzerland
Gruyere

30 g (matchbox size) = 3 calcium portions

Gruyere continued



Tesco Gruyere AOP

30 g (matchbox size) = 3 calcium portions

Comté



Tesco Finest Comté

30 g (matchbox size) = 3 calcium portions



Président Comté

30 g (matchbox size) = 3 calcium portions

Jarlsberg



Jarlsberg Original

30 g (matchbox size) = 2 calcium portions



Marks & Spencers Sliced Jarlsberg

30 g (matchbox size) = 2 calcium portions

Italian Parmesan



Antico Caseificio Italiano
Parmigiano Reggiano

30 g (matchbox size) = 3 calcium portions



Margi Parmigiano
Reggiano a Julienne

30 g (matchbox size) = 3 calcium portions



Margi Parmigiano
Reggiano in Scaglie
Reggiano

30 g (matchbox size) = 3 calcium portions

Italian Parmesan

Margi Parmigiano Reggiano



30 g (matchbox size) = 3 calcium portions

Tesco Italian Cheese Parmigiano Reggiano



30 g (matchbox size) = 3 calcium portions



Marks & Spencers Grated Parmigiano Reggiano (24 months matured)

30 g (matchbox size) = 3 calcium portions

Italian Parmesan continued



Marks & Spencers Grated
Parmigiano Reggiano (24
months matured)

30 g (matchbox size) = 3 calcium portions



Marks and Spencers Par-
migiano Reggiano (18
months matured)

30 g (matchbox size) = 3 calcium portions



Marks and Spencers Par-
migiano Reggiano (18
months matured)

30 g (matchbox size) = 3 calcium portions

Italian Parmesan continued



Tesco Finest

Parmigiano Reggiano

30 g (matchbox size) = 3 calcium portions



Tesco Italian Cheese
Grated Parmesan

30 g (matchbox size) = 3 calcium portions



Tesco Italian Cheese
Grated Parmesan
Shavings

30 g (matchbox size) = 3 calcium portions

In this booklet, 1 calcium portion means 100 mg of calcium. The following table shows the number of calcium portions that are recommended daily at different stages of life.

Age (years)	Number of portions
Infants (<1 year)	5.5
Children (1-10 years)	8
Teenagers (11-18 years)	12
Adults	8
Pregnant women	12
Breastfeeding women	12

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