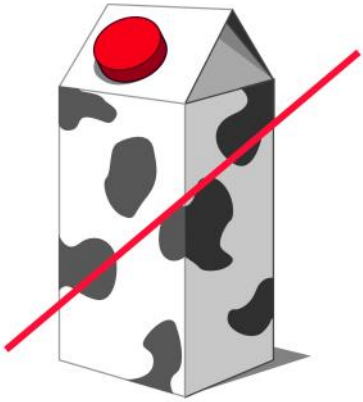
Metabolic.ie

National Centre for Inherited Metabolic Disorders

Children's Health Ireland at Temple Street



Lactose and Galactose Free Alternatives to Dairy

Information is correct at the time of printing.

Always remember to check food labels in case any products have changed.

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 ml = 2½ calcium portions
200 ml = 1.5 µg vitamin D

Alpro Soya Wholebean Unsweetened with calcium & vitamins

200 ml = 2½ calcium portions
200 ml = 1.5 µg vitamin D

Alpro Light

200 ml = 2½ calcium portions
200 ml = 1.5 µg vitamin D

Alpro Soya Growing Up Drink

200 ml = 2½ calcium portions
200 ml = 3 µg vitamin D

Alpro Soya Simply Mild (Fresh and UHT)

200 ml = 2½ calcium portions
200 ml = 1.5 µg vitamin D

Alpro Fusion Soya Apple Kiwi 330ml bottle

330 ml = 4 calcium portions
330 ml = 2.5 µg vitamin D

Alpro Chocolate

(Fresh and UHT)

250 ml = 3 calcium portions
200 ml = 1.9 µg vitamin D

Alpro Strawberry

250ml carton

250 ml = 3 calcium portions
200 ml = 1.9 µg vitamin D

Alpro Vanilla

3 x 250ml cartons

250 ml = 3 calcium portions
250 ml = 1.9 µg vitamin D

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

200 ml = 2 ½ calcium portions

200 ml = 1.5 µg vitamin D

Marks & Spencer Made Without Dairy Soya Milk (Sweetened)

200 ml = 2½ calcium portions

200 ml = 1.5 µg vitamin D

Marks & Spencer Made Without Dairy Soya Milk (Unsweetened)

200 ml = 2½ calcium portions

200 ml = 1.5 µg vitamin D

Tesco Free From Soya Sweetened Milk

200 ml = 3 calcium portions
200 ml = 1.6 µg vitamin D

Tesco Free From Soya Unsweetened Milk

200 ml = 3 calcium portions
200 ml = 1.6 µg vitamin D

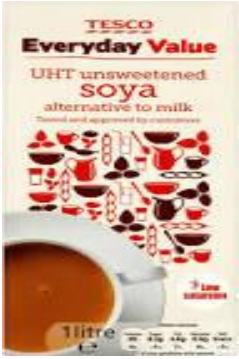
Tesco Sweetened Soya Alternative to Dairy

200 ml = 2 ½ calcium portions
200 ml = 1.6 µg vitamin D

Tesco Everyday Value UHT Sweetened Soya Alternative to Milk

200 ml = 2½ calcium portions

200 ml = 1.6 µg vitamin D



Tesco Everyday Value UHT Unsweetened Soya Alternative Milk

200 ml = 2½ calcium portions

200 ml = 1.6 µg vitamin D

Soya Soleil with Calcium & Vitamins

200 ml = 2½ calcium portions

200 ml = 1.5 µg vitamin D

Acti Leaf Sweetened Soya Milk (Aldi)

200 ml = 2½ calcium portions

200 ml = 1.5 µg vitamin D

Milbona Soya Drink Sweetened (Lidl)

200 ml = 2½ calcium portions

Provamel Soya Sweetened Milk with Calcium + Vitamins

200 ml = 2½ calcium portions

200 ml = 1.5 µg vitamin D

Coconut Milks (Suitable from 2 years)

Alpro Coconut Milk

200 ml = 2½ calcium portions
200 ml = 1.5 µg vitamin D

Alpro Fusion Coconut Pineapple Lemongrass

330ml bottle

330 ml = 4 calcium portions
330 ml = 2.5 µg vitamin D

Alpro Coconut Chocolate Milk

200 ml = 2½ calcium portions
200 ml = 1.5 µg vitamin D

Koko Dairy Free Original & Calcium

200 ml = 2½ calcium portions
250 ml = 3 calcium portions
200 ml = 1.5 µg vitamin D

Koko Dairy Free Light & Calcium

200 ml = 2½ calcium portions
200 ml = 1.5 µg vitamin D

Koko Dairy Free Unsweetened & Calcium

200 ml = 2½ calcium portions
200 ml = 1.5 µg vitamin D

Koko Dairy Free Strawberry & Calcium

250 ml = 3 calcium portions

200 ml = 1.5 µg vitamin D

Koko Dairy Free Chocolate & Calcium

200 ml = 2½ calcium portions

250 ml = 3 calcium portions

200 ml = 1.5 µg vitamin D

Vita Coco Coconut Milk Alternative Original

200 ml = 3½ calcium portions

Marks & Spencer
Made Without Dairy
Coconut Drink

200 ml = 2½ calcium portions
200 ml = 1.5 µg vitamin D

Coconut Dream
Original Plus Calcium

200 ml = 2½ calcium portions
200 ml = 1.5 µg vitamin D

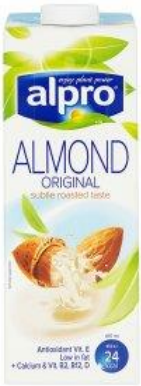
Tesco Free From
Chilled Coconut Milk

200 ml = 2½ calcium portions
200 ml = 1.6 µg vitamin D

Nut Milks (Suitable from 2 years)

Alpro Almond Unsweetened

200 ml = 2½ calcium portions
200 ml = 1.5 µg vitamin D



Alpro Almond Original

200 ml = 2½ calcium portions
200 ml = 1.5 µg vitamin D

Alpro Almond Unroasted Unsweetened

200 ml = 2½ calcium portions
200 ml = 1.5 µg vitamin D

Alpro Almond Dark Chocolate

200 ml = 2½ calcium portions
200 ml = 1.5 µg vitamin D

Alpro Coconut Almond Milk (Fresh and UHT)

200 ml = 2½ calcium portions
200 ml = 1.5 µg vitamin D

Alpro Hazelnut Original

200 ml = 2½ calcium portions
200 ml = 1.5 µg vitamin D

Alpro Cashew Original

200 ml = 2½ calcium portions

200 ml = 1.5 µg vitamin D

Blue Diamond Almond Breeze Unsweetened Almond Milk

200 ml = 2½ calcium portions

200 ml = 1.5 µg vitamin D

Blue Diamond Almond Breeze Reduced Sugar Almond Milk

200 ml = 2½ calcium portions

200 ml = 1.5 µg vitamin D

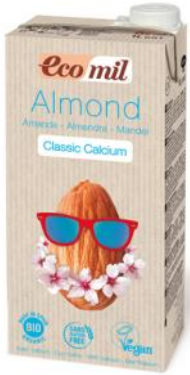
Almond Dream Original + Calcium

200 ml = 2½ calcium portions

200 ml = 1.5 µg vitamin D

Ecomil Almond Milk Calcium Without Sugar

200 ml = 2½ calcium portions



Ecomil Classic Almond Milk Calcium

200 ml = 2½ calcium portions

Marks & Spencer Made Without Dairy Almond Milk Sweetened/Unsweetened

200 ml = 2½ calcium portions
200 ml = 1.5 µg vitamin D

Tesco Unsweetened Almond Alternative to Dairy milk

250 ml = 3 calcium portions
250 ml = 1.9 µg vitamin D

Tesco Sweetened Almond Alternative to Dairy milk

250 ml = 3 calcium portions
250 ml = 1.9 µg vitamin D

Tesco Free From Almond Alternative to Dairy milk with added calcium - Sweetened

200 ml = 2½ calcium portions

200 ml = 1.8 µg vitamin D

Tesco Free From Almond Alternative to Dairy milk with added calcium – Unsweetened

200 ml = 2½ calcium portions

200 ml = 1.8 µg vitamin D

Oat Milks (Suitable from 2 years)

Marks and Spencer Made Without Dairy Oat Milk

200 ml = 2½ calcium portions

200 ml = 1.7 µg vitamin D

Oat Dream Milk

200 ml = 2½ calcium portions
200 ml = 1.5 µg vitamin D

Oatly Oat Drink Original

200 ml = 2½ calcium portions
200 ml = 3 µg vitamin D

Oatly Oat Drink Chocolate

200 ml = 2½ calcium portions
250 ml = 3 calcium portions
200 ml = 3 µg vitamin D
250 ml = 3.75µg vitamin D

Rice Milks (Suitable from 5 years)

Alpro Rice Original

200 ml = 2½ calcium portions

200 ml = 1.5 µg vitamin D

Provamel Organic Rice Original Calcium

200 ml = 2½ calcium portions

Rice Dream Original + Calcium

200 ml = 2½ calcium portions

200 ml = 1.5 µg vitamin D

Vitariz Organic Rice Milk with Calcium

200 ml = 2½ calcium portions

Marks and Spencer Made Without Dairy Rice Milk

200 ml = 2½ calcium portions

200 ml = 1.7 µg vitamin D

Other Milks (Suitable from 2 years)

Good Hemp Milk

200 ml = 2½ calcium portions

200 ml = 2.2µg vitamin D

Creams

The following creams are suitable in the galactosaemia diet.

Alpro Soya Single Cream Fresh (Chilled)

Alpro Soya Cuisine Single Cream (UHT)

Alpro Coconut Cuisine

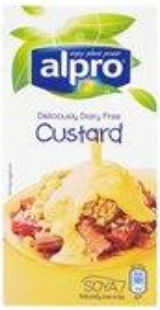
Ecomil Cuisine Amande almond

Oatly Oat Alternative to Cream

Provamel Soya Alternative to Single Cream

Marks and Spencer Made Without Dairy Coconut Cream

Custard



Alpro Deliciously Dairy Free Soya Custard

125g= 1.5 calcium portions

125g = 0.94 µg vitamin D

Provamel Dairy Free Soya Vanilla Custard Long Life

½ carton = 3 calcium portions

½ carton = 2 µg vitamin D

Desserts

Alpro Smooth Chocolate/ Dark Chocolate Dessert

1 pot = 1½ calcium portions
1 pot = 0.94 µg vitamin D

Alpro Velvet Vanilla Dessert

1 pot = 1½ calcium portions
1 pot = 0.94 µg vitamin D

Alpro Caramel Dessert

1 pot = 1½ calcium portions
1 pot = 0.94 µg vitamin D

Alpro Dessert Moments Coconut Flavour

1 pot = 1½ calcium portions

1 pot = 0.94 µg vitamin D

Alpro Dessert Moments Chocolate Hazelnut Flavour

1 pot = 1½ calcium portions

1 pot = 0.94 µg vitamin D

Alpro Dessert Moments Vanilla Almond Flavour

1 pot = 1½ calcium portions

1 pot = 0.94 µg vitamin D

Tesco Free from Creme Caramel/ Chocolate Dessert

1 pot = 1 calcium portion

Yoghurts

Alpro No bits Peach & Pear/ Strawberry & Banana Yoghurt

1 pot = 1½ calcium portions
1 pot = 0.94 µg vitamin D

Alpro Peach / Pineapple & Passionfruit Yoghurt

1 pot = 1½ calcium portions
1 pot = 0.94 µg vitamin D

Alpro Blackberry/ Raspberry Yoghurt

1 pot = 1½ calcium portions
1 pot = 0.94 µg vitamin D

Alpro Blueberry/ Cherry Yoghurt

1 pot = 1½ calcium portions

1 pot = 0.94 µg vitamin D

Alpro Simply Plain Yoghurt

¼ pot 125ml = 1½ calcium portions

¼ pot 125ml = 0.94 µg vitamin D

Alpro Plain with Almond

¼ pot 125ml = 1½ calcium portions

¼ pot 125ml = 0.94 µg vitamin D

Alpro Plain with Coconut

¼ pot 125ml = 1½ calcium portions

¼ pot 125ml = 0.94 µg vitamin D

Alpro Simply Vanilla Yoghurt

¼ pot 125ml = 1½ calcium portions

¼ pot 125ml = 0.94 µg vitamin D

Alpro Lemon & Lime Yoghurt

¼ pot 125ml = 1½ calcium portions

¼ pot 125ml = 0.94 µg vitamin D

Alpro Strawberry Yoghurt

¼ pot 125ml = 1½ calcium portions

¼ pot 125ml = 0.94 µg vitamin D

Alpro Go On Mango/ Passionfruit/ Blackcurrant/ Strawberry Yoghurt

1 pot 150ml = 1½ calcium portions

1 pot 150ml = 1.1 µg vitamin D

Alpro Go On Plain Unsweetened Yoghurt

125ml = 1 ½ calcium portions

125ml = 0.94 µg vitamin D

Alpro Plain Unsweetened Yoghurt

¼ pot 125ml = 1½ calcium portions

¼ pot 125ml = 0.94 µg vitamin D

Tesco Free from Plain Soya Yoghurt unsweetened

125ml = 1 ½ calcium portion

Tesco Free from Mango/ Blueberry/ Peach Soya Alternative Yoghurt

1 pot = 1 calcium portion

Koko Dairy Free Plain Yoghurt Alternative

125g = 2 calcium portions
125g = 0.94µg vitamin D

Koko Dairy Free Raspberry Yoghurt alternative

1 pot = 1½ calcium portions
1 pot = 0.94 µg vitamin D

Koko Dairy Free Coconut & Lemon Yoghurt alternative

1 pot = 1½ calcium portions
1 pot = 0.94 µg vitamin D

Koko Dairy Free Strawberry Yoghurt alternative

1 pot = 1½ calcium portions

1 pot = 0.94 µg vitamin D

Koko Dairy Free Peach & Passionfruit Yoghurt alternative

1 pot = 1½ calcium portions

1 pot = 0.94 µg vitamin D

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 or vitamin D.

Booja—Booja Hunky Punky Chocolate Ice cream

Booja—Booja Keep Smiling Vanilla M'Gorilla Ice cream

Booja—Booja Chocolate Salted Caramel Ice cream

Booja—Booja Fiesty Rollercoaster Ice cream

Booja—Booja Pompompous Maple Pecan Ice cream

Nobó Vanilla and Coconut Ice cream

Nobó Irish Salted Caramel Ice cream

Nobó Chocolate and Toasted Almond Ice cream

Nobó Passion Fruit and Mango Ice cream

Nobó Fresh Lemon Ice cream

Coyo Strawberry & Wild Hibiscus Coconut Ice cream

Coyo Natural Coconut Ice Cream

Coyo Vanilla & Nutmeg Coconut Ice cream

Coyo - Raw Chocolate Coconut Ice cream

Almond Dream Mint Chocolate Chip / Salted Caramel Ice Cream

Tesco Free from Strawberry & Vanilla Cones

Swedish Glace Dairy Free Smooth Vanilla / Delightful Raspberry/ Almond with a Cocoa Twist Ice Cream

Alpro Vanilla/ Coconut/ Hazelnut Chocolate Ice Cream

Spreads

The following spreads are suitable in the galactosaemia diet.

Biona Organic Olive Extra Spread

Biona Organic

Sunflower Vegetable Margarine

Biona Organic

Cocomega Coconut Spread

Flora Freedom Dairy Free

7g/ 1 pat = 1.4µg vitamin D

Low Low Avocado Spread

Low Low Coconut Spread

Pure Dairy free Sunflower Spread

7g/ 1 pat = 0.5µg vitamin D

Pure Dairy free Olive Spread

7g /1 pat = 0.5µg vitamin D

Pure Dairy free Soya Spread

7g /1 pat = 0.5µg vitamin D

Suma Dairy free Sunflower Spread

7g /1 pat = 0.6 µg vitamin D

Suma Dairy free Olive Spread

7g /1 pat = 0.6 µg vitamin D

Suma Dairy free Soya Spread

7g /1 pat = 0.6 µg vitamin D

Tesco Free from Sunflower Spread

7g /1 pat = 0.5µg vitamin D

Tesco Free from Soya Spread

7g /1 pat = 0.5µg vitamin D

Koko Dairy Free Spread

7g /1 pat = 0.5µg vitamin D

Marks & Spencer Made Without Dairy Sunflower 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

These cheeses provide a source of calcium in the diet. Here are some examples:

Comté

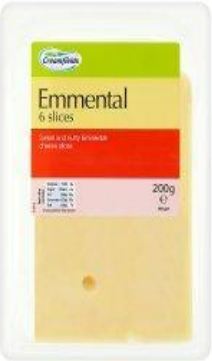
Tesco Finest Comté

30 g (matchbox size) = 3 calcium portions

Président Comté

30 g (matchbox size) = 3 calcium portions

Emmental



Creamfields Emmental

30 g (matchbox size) = 3 calcium portions

Entre Mont Emmental

30 g (matchbox size) = 3 calcium portions

President Emmental

30 g (matchbox size) = 3 calcium portions

Tesco Finest Cave-Aged Swiss Emmental

30 g (matchbox size) = 3 calcium portions

Tesco Emmental

25g slice = 2 calcium portions

Gruyere

Tesco Gruyere AOP

30 g (matchbox size) = 3 calcium portions

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

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

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

Jarlsberg

Jarlsberg Original

30 g (matchbox size) = 2 calcium portions

Marks & Spencers Sliced Jarlsberg

30 g (matchbox size) = 2 calcium portions

Italian Parmesan

Antico Casefico 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

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

Marks & Spencers Grated Parmigiano Reggiano (24 months matured)

30 g (matchbox size) = 3 calcium portions

Marks and Spencers Parmigiano Reggiano (18 months matured)

30 g (matchbox size) = 3 calcium portions

Marks and Spencers Parmigiano Reggiano (18 months matured)

30 g (matchbox size) = 3 calcium portions

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)	3
Children (1-3 years)	4.5
Children (4-10 years)	8
Children (11-17 years)	11.5
Adults (18-24 years)	10
Adults (>25 years)	9.5
Pregnant/breastfeeding	As per adult

EFSA guidelines 2015

Designed and Compiled by:

Metabolic Dietetic Team

The National Centre for Inherited Metabolic Disorders

Children's Health Ireland at Temple Street

Dublin 1

Email: metabolic.dietitians@cuh.ie

February 2018