



LACTOSE & GALACTOSE FREE DAIRY AND ALTERNATIVES

This booklet only contains products that are fortified with vitamins and minerals.

Those that have stars over them are the ones with the broadest range of fortification and are excellent choices for your Calcium, Vitamin D and Iodine levels.

All nutritional information was correct at time of writing. Please check the label for the most up to date information.

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Soya Milk

(suitable in the weaning diet from 4-6 months and as a drink from 1 year of age)

Actileaf (Aldi)



Per 100ml	Actileaf Soya	Actileaf Soya No Sugars
Kcal	42	31
Protein	3.4	3.4
Calcium	120	120
Vitamin D	0.75	0.75
B12	0.38	0.38
Iodine	22.4	22.4
Sugars	2.5	0



Alpro



UHT and Chilled

Per 100ml	Alpro Soya No Sugars	Alpro Protein Soya (UHT)	Alpro Protein Soya (chilled)
Kcal	33	42	39
Protein	3.3	3.3	3
Calcium	120	120	120
Vitamin D	0.75	0.75	0.75
B12	0.38	0.38	0.38
Iodine	0	22.5	23
Sugars	0	2.5	2.5



UHT and Chilled

Dunnes



Per 100ml	Dunnes Unsweetened Soya
Kcal	39
Protein	3
Calcium	120
Vitamin D	0.75
B12	0.38
Iodine	23
Sugars	2.5

M&S Plant Kitchen



Per 100ml	Plant Kitchen Unsweetened Soya	Supervalu Soya
Kcal	30	34
Protein	2.8	3.3
Calcium	120	120
Vitamin D	1.5	0.8
B12	0.38	0.4
Iodine	45	0
Sugars	0.4	0.5

Supervalu



Tesco



Per 100ml	Tesso Unsweetened Soya (UHT)	Tesso Unsweetened Soya (chilled)
Kcal	38	33
Protein	3.4	3.4
Calcium	120	120
Vitamin D	0.75	0.75
B12	0.38	0.38
Iodine	22.4	22.4
Sugars	0.5	0.4



Vermondo (Lidl)



Per 100ml	Vermondo Soya	Vermondo Soya No Sugars
Kcal	42	31
Protein	3.4	3.4
Calcium	120	120
Vitamin D	0.75	0.75
B12	0.38	0.38
Iodine	22.4	22.4
Sugars	2.5	0



Soya Milk

(suitable from 2 years of age)

Alpro



UHT and Chilled

Per 100ml	Alpro Light Soya (UHT)	Alpro Light Soya (chilled)	Alpro Barista Soya
Kcal	28	22	42
Protein	2.1	2	3.3
Calcium	120	120	120
Vitamin D	0.75	0.75	1.5
B12	0.38	0.38	0.21
Iodine	0	0	0
Sugars	1.5	0	2.5



Per 100ml	Alpro Plant Protein	Alpro Plant Protein Chocolate
Kcal	59	70
Protein	5	5
Calcium	120	120
Vitamin D	0.75	0.75
B12	0.38	0.38
Iodine	0	0
Sugars	2.5	5



Available in two sizes



The milks on this page should only be used occasionally due to the higher sugar content



Per 100ml	Alpro Soya Chocolate (UHT)	Alpro Soya Chocolate (chilled)
Kcal	61	68
Protein	3.1	3.3
Calcium	120	120
Vitamin D	0.75	0.75
B12	0	0
Iodine	0	0
Sugars	7.6	6.5



Per 100ml	Alpro Soya Vanilla	Alpro Soya Kids Chocolate	Alpro Soya Kids Strawberry
Kcal	57	48	51
Protein	3	2.2	3.3
Calcium	120	120	120
Vitamin D	0.75	0.75	0.75
B12	0.38	0	0.38
Iodine	0	22.5	22.5
Sugars	6.7	4.5	4.8



Available in 200ml cartons

M&S Plant Kitchen



Per 100ml	Plant Kitchen Sweetened Soya
Kcal	37
Protein	2.8
Calcium	120
Vitamin D	1.5
B12	0.76
Iodine	45
Sugars	2

Tesco



Per 100ml	Tesco Soya Sweetened (UHT)	Tesco Soya Sweetened (Chilled)
Kcal	42	42
Protein	3.4	3.5
Calcium	120	120
Vitamin D	0.75	0.75
B12	0.38	0.38
Iodine	22.4	22.4
Sugars	2.5	2.7

UHT and Chilled



Coconut Milk

(suitable from 2 years of age)

Actileaf (Aldi)



Per 100ml	Actileaf Coconut	Alpro Tropical Coco
Kcal	23	20
Protein	0.3	0.1
Calcium	120	120
Vitamin D	0.75	0.75
B12	0.38	0.38
Iodine	0	0
Sugars	2.4	1.9

Alpro



UHT and Chilled

Dunnes



Per 100ml	Alpro No Sugars Coco	Dunnes Unsweetened Coconut
Kcal	14	15
Protein	0.1	0.2
Calcium	120	120
Vitamin D	0.75	0.75
B12	0.38	0.38
Iodine	0	0
Sugars	0	0.5



Koko

Per 100ml	Koko Kids	Koko Super Vitamin
Kcal	56	44
Protein	1.9	1.2
Calcium	170	170
Vitamin D	1.2	1.2
B12	0.1	0.2
Iodine	13	13
Sugars	1.9	2.5



UHT and Chilled

Per 100ml	Koko Original	Koko No Sugar
Kcal	32	19
Protein	1.2	1.2
Calcium	120	120
Vitamin D	0.75	0.75
B12	0.38	0.38
Iodine	0	0
Sugars	0.9	0.2



UHT and Chilled



UHT and Chilled

Koko



Per 100ml	Koko Foamy Barista	Plant Kitchen Coconut
Kcal	49	28
Protein	1.1	0.2
Calcium	120	120
Vitamin D	0.75	0.75
B12	0.38	0.9
Iodine		30
Sugars	1.7	2.1

M&S Plant Kitchen



Tesco



Per 100ml	Tesco Coconut (UHT)	Tesco Coconut (Chilled)	Vermonto Coconut Barista
Kcal	19	18	45
Protein	0.5	0.4	1.2
Calcium	120	120	120
Vitamin D	0.75	0.75	0.75
B12	0.38	0.38	0.38
Iodine	22.4	22.4	22.5
Sugars	2.4	1.9	1.2

UHT and Chilled

Vermonto (Lidl)





Nut Milk

(suitable from 2 years of age)

Actileaf (Aldi)



Per 100ml	Actileaf Almond No Sugars	Alpro Almond No Sugars
Kcal	15	14
Protein	0.6	0.4
Calcium	120	120
Vitamin D	0.75	0.75
B12	0.38	0.38
Iodine	0	0
Sugars	0	0

Alpro



UHT and Chilled



UHT and Chilled
Stars apply to the UHT
version only

Per 100ml	Alpro Nutty Almond (UHT)	Alpro Nutty Almond (Chilled)	Alpro Hazelnut
Kcal	23	23	29
Protein	0.4	0.4	0.4
Calcium	120	120	120
Vitamin D	0.75	0.75	0.75
B12	0.38	0.38	0.38
Iodine	22.5	0	0
Sugars	2.4	2.3	3.2



UHT and Chilled

Blue Diamond



Per 100ml	Blue Diamond Almond Breeze	Dunnes Almond Roasted	Dunnes Almond Unroasted
Kcal	13	16	24
Protein	<0.5	0.3	0.7
Calcium	120	120	120
Vit D	0.75	0.75	1
B12	0.38	0.38	0
Iodine	0	0	0
Sugars	0	0.5	1

Dunnes



M&S Plant Kitchen



Per 100ml	Plant Kitchen Almond Unsweetened	Plant Kitchen Almond Sweetened	Plant Kitchen Chocolate Hazelnut
Kcal	11	21	56
Protein	0.1	0.6	0.6
Calcium	120	120	120
Vit D	1.5	1.5	0.75
B12	0.76	0.76	0.9
Iodine	45	45	30
Sugars	0.2	1.7	4.7



Supervalu



Per 100ml	Supervalu Almond	Tesco Almond Unsweetened (UHT)	Tesco Almond Unsweetened (Chilled)
Kcal	13	15	15
Protein	0.5	0.7	0.6
Calcium	120	120	120
Vitamin D	0.8	0.75	0.75
B12	0.4	0.38	0.38
Iodine	0	22.4	22.4
Sugars	0.5	0.5	0.3

Tesco



UHT and Chilled



UHT and Chilled

Per 100ml	Tesco Almond Sweetened (UHT)	Tesco Almond Sweetened (Chilled)
Kcal	26	25
Protein	0.7	0.7
Calcium	120	120
Vitamin D	0.75	0.75
B12	0.38	0.38
Iodine	22.4	22.4
Sugars	2.8	2.8



Oat Milk

(suitable from 2 years of age)

Actileaf (Aldi)



Per 100ml	Actileaf Oat No Sugars	Actileaf Oat Barista
Kcal	43	49
Protein	0.8	1.3
Calcium	120	120
Vitamin D	1.1	1.1
B12	0.38	0.38
Iodine	0	0
Sugars	0	2.6



Alpro



UHT and Chilled

Per 100ml	Alpro No Sugars Oat	Alpro Oat (UHT)	Alpro Creamy Oat (Chilled)
Kcal	44	45	44
Protein	0.7	0.8	0.8
Calcium	120	120	120
Vitamin D	0.75	0.75	0.75
B12	0.38	0	0.38
Iodine	22.5	22.5	22.5
Sugars	0	3.2	3.2



UHT and Chilled



Per 100ml	Alpro Barista Caramel	Califia Farm Extra Creamy Oat
Kcal	50	46
Protein	0.8	0.7
Calcium	120	53
Vitamin D	0.75	2.1
B12	0	0
Iodine	0	0
Sugars	4.5	2.2

Califia Farm



Dunnes



Per 100ml	Dunnes Oat	Flahavans Vitamin Rich Oat	Flahavans Barista Oat
Kcal	46	53	57
Protein	1.4	0.7	0.7
Calcium	120	160	120
Vitamin D	0.75	2	0.75
B12	0	0.38	0.38
Iodine	0	0	0
Sugars	4.5	3.4	2

Flahavans



M&S Plant Kitchen

Per 100ml	Plant Kitchen Whole Oat	Plant Kitchen Semi Oat
Kcal	55	42
Protein	0.2	0.2
Calcium	120	120
Vitamin D	0.75	0.75
B12	0.9	0.9
Iodine	30	30
Sugars	3.3	3.3



Minor Figures

Per 100ml	Plant Kitchen Barista Oat	Minor Figures Everyday Oat
Kcal	65	49
Protein	1	1
Calcium	120	120
Vitamin D	0.75	0.75
B12	0.9	0.38
Iodine	30	22.5
Sugars	3.8	2.3



Oatly

Per 100ml	Oatly Whole	Oatly Semi	Oatly Barista
Kcal	59	48	61
Protein	1.1	1.1	1.1
Calcium	120	120	120
Vitamin D	1.1	1.1	1.1
B12	0.38	0.38	0.38
Iodine	22.5	22.5	22.5
Sugars	3.4	3.4	3.4

Per 100ml	Oatly No Sugar	Oatly Light
Kcal	44	37
Protein	1	1
Calcium	120	120
Vitamin D	1.1	1.1
B12	0.38	0.38
Iodine	22.5	22.5
Sugars	0	3.4



Oddly Good

Per 100ml	Oatly Chocolate	Oatly Vanilla	Oddly Good Original Oat
Kcal	71	68	40
Protein	1.4	1.1	1.2
Calcium	120	120	120
Vitamin D	1.1	1.1	1
B12	0.38	0.38	0.4
Iodine	22.5	22.5	22.5
Sugars	6.5	5.9	3.5



Only use occasionally due to the higher sugar content



Per 100ml	Oddly Good Barista	Oddly Good Barista Vanilla	Oddly Good Barista Salted Caramel
Kcal	58	64	64
Protein	1.1	1.2	1.2
Calcium	120	120	120
Vitamin D	1	1	1
B12	0.4	0.4	0.4
Iodine	22.5	22.5	22.5
Sugars	3.5	5	5



Tesco



Per 100ml	Tesco Oat (UHT)	Tesco Oat (Chilled)	Supervalu Oat Drink
Kcal	47	48	57
Protein	0.5	0.3	1
Calcium	120	120	120
Vitamin D	0.75	0.75	0.8
B12	0.38	0.38	0.4
Iodine	22.4	22.4	0
Sugars	4.2	3.2	3.9

Supervalu



UHT and Chilled

Vermonto (Lidl)



Per 100ml	Supervalu Barista Oat	Vermonto Oat No Sugars	Vermonto Oat No Sugars
Kcal	56	44	52
Protein	1.1	0.5	0.7
Calcium	120	120	120
Vit D	0.8	0.75	0.75
B12	0.4	0.38	0.38
Iodine	0	22.5	22.5
Sugars	2.7	2.2	2.2





Vegetable Milk

(suitable from 2 years of age)

Dug



Per 100ml	Dug Original	Dug Barista
Kcal	31	44
Protein	1.3	1.3
Calcium	120	120
Vitamin D	0.75	0.75
B12	0.38	0.38
Iodine	0	0
Sugars	2.1	2.5



Sproud



Per 100ml	Sproud Unsweetened	Sproud Barista
Kcal	20	40
Protein	1.5	2.1
Calcium	120	120
Vitamin D	1	1
B12	0.38	0.38
Iodine	0	0
Sugars	0	1.9





Rice Milk

(suitable from 5 years of age)

Dunnes



Per 100ml	Dunnes Rice Unsweetened	Joya Rice
Kcal	46	50
Protein	0.5	0.1
Calcium	120	120
Vitamin D	0.75	0.75
B12	0.38	0.38
Iodine	0	0
Sugars	4.3	7.1

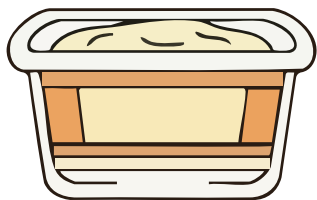
Joya



Naturli



Per 100ml	Naturli Do Not Call Me M_lk! (mixed milk type contains rice)
Kcal	45
Protein	3.4
Calcium	120
Vitamin D	1.5
B12	0.35
Iodine	0
Sugars	2.3



Spreads

Dairygold



Per 100g	Dairygold Plant based	Free Spread
Kcal	662	271
Protein	0.4	0
Vitamin D	7.5	0
B12	5	0

Free



Flora



Per 100g	Flora Original	Flora Light
Kcal	632	252
Protein	<0.5	<0.5
Vitamin D	0	0
B12	0	0



Per 100g	Flora Buttery	Flora Plant Butter Spreadable
Kcal	677	713
Protein	<0.5	0.5
Vitamin D	0	0
B12	0	0





Per 100g	Flora ProActiv Light	Flora ProActiv Buttery	Flora ProActiv Olive Oil
Kcal	314	540	314
Protein	0.5	0.5	<0.5
Vitamin D	7.5	7.5	0
B12	0	0	0



koko



Per 100g	Koko Spreadable	Naturli Spreadable
Kcal	405	665
Protein	0	0.4
Vitamin D	7.5	0
B12	2.5	0



Naturli

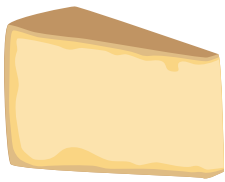
Stork



Per 100g	Stork Baking Spread	Suma Vegan Spread (Soya and Sunflower)
Kcal	620	532
Protein	0.5	0
Vitamin D	7.5	yes
B12	0	yes



Suma



Comte Cheese

Dunnes

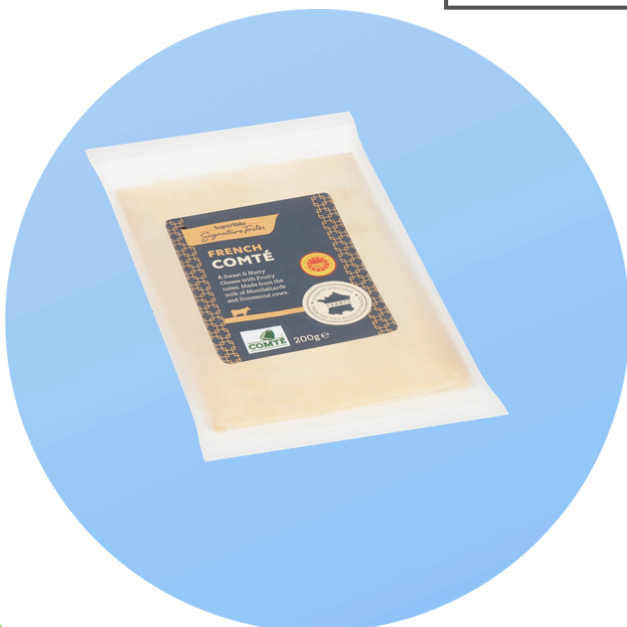


Marks & Spencer



Per 30g portion	Comte
Kcal	125
Protein	8
Calcium	273
B12	Unknown

Supervalu



Tesco





Emmental Cheese

Dunnes



Available sliced, grated or as a block

Marks & Spencer



Available sliced or grated

Per 30g portion	Emmental
Kcal	112
Protein	8.4
Calcium	291
B12	1.23

Supervalu



Tesco





Grana Padano

Aldi

Dunnes

Marks & Spencer



Available grated or
as a block

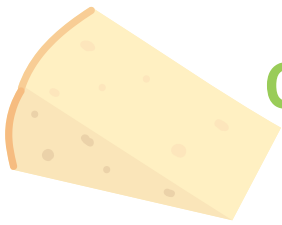
Per 30g portion	Grana Padano
Kcal	116
Protein	9.9
Calcium	351
B12	0.9

Supervalu

Tesco



Available grated or
as a block



Gruyere Cheese

Dunnes



Marks & Spencer



Per 30g portion	Gruyere
Kcal	120
Protein	8.3
Calcium	285
B12	0.48

Supervalu



Tesco





Italian Parmesan/ Parmigiano Reggiano

Aldi



Dunnes



Per 30g portion	Parmigiano Reggiano
Kcal	118
Protein	9.9
Calcium	3.8
B12	0.99

Available grated or as a block

Marks & Spencer



Supervalu

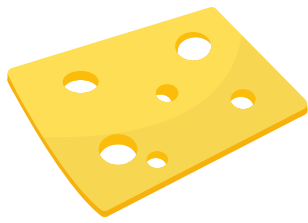


Per 30g portion	Parmigiano Reggiano
Kcal	118
Protein	9.9
Calcium	308
B12	0.99

Tesco



Available grated or
as a block



Jarlsberg

Per 30g portion	Jarlsberg
Kcal	105
Protein	8.1
Calcium	219
B12	0.6

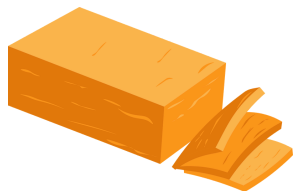
Marks & Spencer



Babybel Original



Per 20g portion	Babybel
Kcal	62
Protein	4.6
Calcium	140
B12	unknown



Vintage/Extra Mature Cheddar

18 months + matured

Widely Available

Aldi



Per 30g portion	Cheddar
Kcal	124.5
Protein	7.6
Calcium	222
B12	0.72

Dunnes

Marks & Spencer



Marks & Spencer



Per 30g portion	Cheddar
Kcal	124.5
Protein	7.6
Calcium	222
B12	0.72

Supervalu



Tesco





Low Fat Extra Mature Cheddar

18 months + matured

Marks & Spencer

Per 30g portion	Low Fat Extra Mature Cheddar
Kcal	94.2
Protein	8.4
Calcium	252
B12	0.4



Pecorino Romano

Dunnes Tesco Marks & Spencer

Per 30g portion	Pecorino
Kcal	115
Protein	8
Calcium	214
B12	unknown





President Cheeses

(Brand Specific)

Per 30g portion	President Brie
Kcal	104
Protein	5.1
Calcium	77 (rind removed)
B12	0.3

Brie



Camembert

Per 30g portion	President Camembert
Kcal	169
Protein	6
Calcium	71
B12	0.3





Plant Based/ Vegan Cheese

Dairygold



Per 30g portion	Dairygold Plant Based
Kcal	69.3
Protein	0
Calcium	36
B12	0.23
Vitamin D	0.36
Iodine	0

Tesco



Per 30g portion	Free From Mozzarella	Free From Mature Cheddar	Free From Soft Cheese
Kcal	89.4	93.3	69.9
Protein	0	0	0.1
Calcium	72	72	72
B12	0.23	0.23	0.23
Vitamin D	0.45	0.45	0.45
Iodine	13.5	13.5	13.5



Yoghurts & Fromage Frais

Actileaf (Aldi)



Per 100g	Actileaf Plain	Actileaf Vanilla
Kcal	50	70
Protein	4	3.5
Calcium	120	120
Vitamin D	0.75	0.75
B12	0.38	0.38
Iodine	0	0
Sugars	1.8	7.6



Per 100g	Actileaf Blueberry	Actileaf Cherry
Kcal	74	72
Protein	3.6	3.6
Calcium	120	120
Vitamin D	0.75	0.75
B12	0.38	0.38
Iodine	0	0
Sugars	8.2	7.8



Alpro



Per 100g	Alpro Vanilla	Alpro Strawberry
Kcal	66	68
Protein	3.7	3.6
Calcium	120	120
Vitamin D	0.75	0.75
B12	0.38	0.38
Iodine	0	0
Sugars	7.5	7.9



Per 100g	Alpro Blueberry	Alpro Cherry
Kcal	69	73
Protein	3.7	3.6
Calcium	120	120
Vitamin D	0.75	0.75
B12	0.38	0.38
Iodine	0	0
Sugars	7.9	9.2





Per 100g	Alpro Plain No Sugars	Alpro Plain	Alpro Plain with Coconut
Kcal	42	49	54
Protein	4	3.5	3.9
Calcium	120	120	120
Vitamin D	0.75	0.75	0.75
B12	0.38	0.38	0.38
Iodine	0	0	0
Sugars	0	2.2	2.3



Per 100g	Greek Style Plain	Greek Style Strawberry Raspberry (per 150g pot)	Greek Style Mango (per 150g pot)
Kcal	65	126	125
Protein	5.8	7.4	7.1
Calcium	120	120	120
Vitamin D	0.75	0.75	0.75
B12	0.38	0.38	0.38
Iodine	0	0	0
Sugars	2.2	12.3	12.2





Per 125g pot	Strawberry Banana/ Peach pear	Pineapple Passionfruit/ Peach
Kcal	86	86
Protein	4.5	4.5
Calcium	150	150
Vitamin D	0.94	0.94
B12	0.48	0.48
Iodine	0	0
Sugars	10.1	10.3

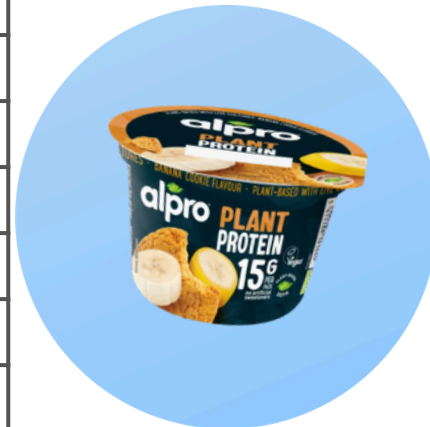


Per 125g pot	Blackberry/ Raspberry Cranberry	Blueberry/ Cherry
Kcal	95	94
Protein	4.5	4.5
Calcium	150	150
Vitamin D	0.94	0.94
B12	0.48	0.48
Iodine	0	0
Sugars	11.9	9.9





Per 100g	Plant Protein Red Fruit	Plant Protein Tropical	Plant Protein Banana Cookie
Kcal	81	82	82
Protein	7.5	7.5	7.5
Calcium	120	120	120
Vitamin D	0.75	0.75	0.75
B12	0.38	0.38	0.38
Iodine	0	0	0
Sugars	6.8	6.8	6.9



Per 125g pot	Gut Health Strawberry	Gut Health Peach
Kcal	85	85
Protein	4.4	4.4
Calcium	150	150
Vitamin D	0.94	0.94
B12	0.48	0.48
Iodine	0	0
Sugars	8.9	8.8





Per 115g pot	Alpro Kids Vanilla	Alpro Kids Strawberry
Kcal	72	72
Protein	4.3	4.1
Calcium	138	138
Vitamin D	0.86	0.86
B12	0.5	0.5
Iodine	25.9	25.9
Sugars	7.6	7.6



The Coconut Collab



Per 100g	Coconut Collab Raspberry	Coconut Collab Gut Health
Kcal	92	78
Protein	0.7	0.7
Calcium	157	120
Vitamin D	0.8	1
B12	0.4	0.5
Iodine	0	0
Sugars	6.7	1.5



Koko



Per 100g	Koko Plain	Koko Vanilla	Koko Greek Style
Kcal	70	117	106
Protein	0.5	0.8	1
Calcium	160	128	160
Vitamin D	0.75	0.75	0.75
B12	0.38	0.38	0.38
Iodine	0	0	0
Sugars	0.3	6.7	0.7



Per 125g pot	Peach & Passionfruit Strawberry	Raspberry
Kcal	121	125
Protein	0.6	0.5
Calcium	160	160
Vitamin D	0.9	0.9
B12	0.47	0.47
Iodine	0	0
Sugars	10	10



Petit Filous



Per pot	Petit Filous Dairy Free Raspberry (95g)	Tesco Free From Banana/ Apricot Fromage Frais (90g)
Kcal	91	72
Protein	1.6	3.9
Calcium	120	216
Vitamin D	0.75	1.35
B12	0	0
Iodine	0	0
Sugars	8	8.6

Tesco



Per 100g	Tesco Free From Raspberry/ Strawberry Fromage Frais (per 90g)	Free From Greek Style
Kcal	71	52
Protein	3.6	5.8
Calcium	216	120
Vitamin D	1.35	1.5
B12	0	0.38
Iodine	0	45
Sugars	8.6	0





Desserts & Custard

Alpro



Per 100g	Alpro Custard	Alpro Dessert Vanilla (Per 125g pot)
Kcal	81	109
Protein	3	4
Calcium	120	150
Vitamin D	0.75	0.94
B12	0.38	0.48
Iodine	0	0
Sugars	10	13.8



Per 125g pot	Alpro Dessert Caramel	Alpro Dessert Chocolate	Alpro Dessert Dark Chocolate
Kcal	108	104	119
Protein	4	3.9	3.9
Calcium	150	150	150
Vitamin D	0.94	0.94	0.94
B12	0.48	0.48	0.48
Iodine	0	0	0
Sugars	13.5	12.6	14.8



Oddly Good



Per 130g pot	Oddly Good Dreamy Lemon	Oddly Good Dreamy Caramel
Kcal	243	250
Protein	3.4	3.5
Calcium	156	156
Vitamin D	1.3	1.3
B12	0.52	0.52
Iodine	29.3	29.3
Sugars	19.5	19.5



Age	Calcium requirement (mg/day)	No.of portions	Vitamin D requirements (µg/day)	Iodine requirements (µg/day)
7-12 months	280	3	10	70
1-3 years	450	4 ½	15	90
4-10 years	800	8	15	90
11-14 years	1150	11 ½	15	120
15-17 years	1150	11 ½	15	130
Adults: 18-24 years >25 years	1000 950	10 9 ½	15 15	150 150
Pregnancy and Lactation	As per Adult		As per Adult	200
	100mg calcium = 1 portion		Oily fish Egg yolks Fortified spreads Fortified foods and dairy alternatives	Iodine fortified dairy alternatives White fish Eggs Some permitted cheeses



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