# LACTOSE-FREE PROTEIN IDEAS

Lactose is a type of natural sugar found in dairy products. Some students are intolerant to it at various levels and must therefore avoid consuming it. Here are some substitutes for students with a lactose intolerance.

## Recommended lactose-free dairy products and substitutes

### MILK

- Most milk companies offer lactose-free options

### PLANT-BASED BEVERAGES

- Silk original soy beverage
- Silk vanilla soy beverage

**This list contains only soy-based options because they provide more protein than most plant-based beverages.*

### CHEESE

- Babybel Original
- Lactose-free The Laughing Cow or Philadelphia or other cream cheese brand*
- Black Diamond lactose-free
- Any other cheese brand with lactose-free options

**Cheese spreads are not considered a significant source of protein.*

### YOGURT

- Oikos lactose-free
- iÖGO lactose-free
- Activia lactose-free
- Liberté lactose-free
- Any other yogurt brand with lactose-free options

### PLANT-BASED YOGURT

- Riviera oat-based vegan Greek-style yogurt
- Silk soy-based dairy-free yogurt alternative
- Silk coconut-based yogurt or oat-based yogurt*

** These products are presented as yogurt replacements, but they do not contain enough protein to be considered a full serving of protein.*

### OTHER SUGGESTED NON-DAIRY PROTEIN SUBSTITUTES

- Eggs
- Soy butter (WOWBUTTER) or nut butter
- Hummus
- Beans and lentils

**Please note that plant-based dairy substitutes are not always equivalent in terms of nutritional value. Opt for products with minimal added sugars and between 3 g and 5 g of protein per serving.**

# How to adapt recipes for lactose intolerance

## RECIPES CONTAINING MILK

Replace the milk with a lactose-free milk of your choice, depending on the nature of your recipe

- **Lactose-free milk:** It can be used as a one-to-one replacement for regular milk in all recipes.
- **Soy beverage:** It works well in most recipes, including baking and cooking. Make sure to use unsweetened varieties for savoury dishes. Keep in mind that soy beverage provides more protein than most plant-based options.
- **Almond beverage:** It's often used in baking. Almond beverages are available in sweetened, unsweetened and flavoured varieties, so choose the one that best suits your recipe. Beware of nut allergies! Make sure your school allows the use of this beverage.
- **Oat beverage:** It has a creamy texture and a slightly sweet flavour, making it great for both sweet and savoury recipes.
- **Rice beverage:** Rice beverage is a mild and neutral-flavoured option. It's good for people with nut or soy allergies. It's often used in dishes that don't require a strong milk flavour, such as rice pudding or breakfast cereal.
- **Coconut beverage:** This beverage is rich and creamy, making it an excellent choice for sweeter recipes where a coconut flavour complements the dish.

## RECIPES CONTAINING CHEESE

- Replace with a lactose-free or plant-based dairy-free cheese of your choice
- Use nutritional yeast to add a cheesy nutty flavour to recipes
- Use a mix of panko bread crumbs and herbs as a casserole topping instead of grated cheese for extra flavour and crunch

# Lactose specifications for food delivery programs of Quebec

## THE FOLLOWING PROTEINS ON THE MENU CAN BE SERVED TO STUDENTS WITH A LACTOSE INTOLERANCE:

- Babybel Original cheese
- Babybel Mini Rolls cheese
- WOWBUTTER spread
- Eggs
- Soy beverage
- Monterey Jack cheese

Please contact your BCC coordinator if you wish to adapt your menu.
For any questions about our products, please refer to our food catalogue:

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