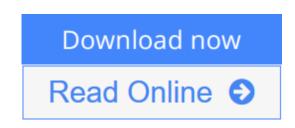


# Go Dairy Free: The Guide and Cookbook for Milk Allergies, Lactose Intolerance, and Casein-Free Living

By Alisa Marie Fleming



Go Dairy Free: The Guide and Cookbook for Milk Allergies, Lactose Intolerance, and Casein-Free Living By Alisa Marie Fleming

It has been estimated that over 7.5% of the U.S. population lives dairy-free, yet so few resources cater to this expansive and diverse group. To aid this niche, Alisa Fleming founded the informational website GoDairyFree.org in 2004, and produced the limited edition guidebook *Dairy Free Made Easy* in 2006, which quickly sold out. Back by popular demand, Alisa has updated and expanded her guide to address additional FAQs and to include an expansive cookbook section. Within this complete dairy-free living resource, you will discover ...

**Over 225 Delicious Dairy-Free Recipes** with numerous options to satisfy dairy cravings, while focusing on naturally rich and delicious whole foods.

A Comprehensive Guide to Dairy Substitutes which explains how to purchase, use, and prepare alternatives for butter, cheese, cream, milk, and much more, from scratch.

**Grocery Shopping Information** from suspect ingredients lists and label-reading assistance to food suggestions and money-saving tips.

A Detailed Calcium Chapter to identify calcium-rich foods and supplements and understand other factors involved in building and maintaining strong bones.

**An In-Depth Health Section** that explains dairy, details the signs and symptoms of various dairy-related illnesses, and thoroughly addresses protein, fat, and nutrient issues in the dairy-free transition.

**Everyday Living Tips** with suggestions for skincare, supplements, store-bought foods, restaurant dining, travel, celebrations, and other social situations.

**Infant Milk Allergy Checklists** that go into detail on signs, symptoms, and solutions for babies with milk allergies or intolerances.

Multiple Food Allergy and Vegan-Friendly Resources including a recipe

index to quickly reference which recipes are vegan and which are free from soy, eggs, wheat, gluten, peanuts, and/or tree nuts.

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### **Editorial Review**

#### Review

"This book in conjunction with godairyfree.org, have been invaluable to my practice in offering solutions for my dairy-sensitive clients. The research is thorough, the explanations comprehensive and the recipes are whole, simple and delicious." -- *Meghan Telpner, Certified Nutritionist* 

"Go Dairy Free is encouraging, entertaining and informative, without being overwhelming. It is a must for those living a dairy-free life." -- Sarah Hatfield of No Whey, Mama

"Wow! Alisa Fleming has created an accessible yet encyclopedic guide to dairy-free living that makes giving up dairy a very doable proposition." -- *Linda Coss, Food Allergy Author* 

"Go Dairy Free is the ultimate resource for safely satisfying those never-ending dairy cravings. It will quickly become your favorite milk-free guide, as it has mine!." -- *Kosher Chef Levana Kirschenbaum* 

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#### Veronica Gregor:

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