



Substitutes for **Lactose-Containing Milk**

| Milk Product | Substitute |
|----------------------------------|--|
| 1 cup whole milk | 1 cup Fairlife® or Lactaid® whole milk, or 1 cup Silk® unsweetened extra creamy almond milk |
| 1 cup 2% milk | 1 cup Fairlife® or Lactaid® 2% milk, or $\frac{2}{3}$ cup non-dairy creamer plus $\frac{1}{3}$ cup water |
| 1 cup skim milk | 1 cup Fairlife® fat-free milk or Lactaid® fat-free milk, or $\frac{1}{2}$ cup non-dairy creamer and $\frac{1}{2}$ cup water |
| $\frac{1}{2}$ cup cottage cheese | $\frac{1}{2}$ cup soft tofu |
| 1 cup yogurt | 1 cup lactose-free or dairy-free yogurt |
| 1 ounce cheese | 1 ounce aged, hard cheese such as cheddar, Colby Jack or Parmesan |
| 1 tablespoon cream cheese | 1 tablespoon mayonnaise |

(over)



Lactose-free milks like Fairlife® and Lactaid® are still cow's milk so they will contain the milk proteins casein and whey, but they have the lactase enzyme added to make them lactose-free. Dairy-free milks will be lactose-free because they are made from a plant source.



Plant-based milks made from grains or nuts (like oat milk and almond milk) do not contain the amount of protein that cow's milk does. Soy milk and pea-protein plant-based milks do contain a good amount of protein, which you may want in your recipe if it needs a protein to thicken the food (like pudding or white sauce).