

Chow Down On These 6 Delicious Dairy Alternatives For A Happier, Healthier Tummy

In a traditional Western diet, dairy is *everywhere*, and if you have an allergy or are lactose intolerant, it can feel almost impossible to avoid these foods. Fortunately for those with a sensitive stomach, there are a ton of [delicious dairy-free alternative foods](#) to munch on when you're looking to curb a cheesy craving.

Dr. Josh Axe, D.N.M., C.N.S., D.C., founder of [DrAxe.com](#), author of *Eat Dirt*, and co-founder of [Ancient Nutrition](#), tells Elite Daily,

There's still no suitable therapy available against cow's milk allergy except avoidance, so dairy alternatives may be necessary.

It's important for anyone going dairy-free to be aware of the nutrients that they were getting from dairy and to consume them in other foods. The nutrients most at risk if dairy products are excluded are calcium, potassium, and magnesium.

As long as you do your research and make sure all essential vitamins and nutrients are accounted for, going dairy-free has a ton of health benefits, including a healthy gut, and even clear skin.

From faux cheese packets to nut substitutions, here are a few snack foods to indulge in that are better for your body and won't hurt your stomach.

3. Vegan Cheese



You don't have to tell me twice — I know damn well cheese is life, but if your stomach can't properly digest it, a plant-based substitute might be worth trying.

Daiya offers [dairy-free cheese products](#) like individual slices, pizza, mac and cheese, even cream cheese that are just as rich in flavor.

Bonus: Because they are made dairy-free, these food items have a longer shelf life!

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