



5 ways to quit cheese for a more plant-based diet during Vegetarian Awareness Month



***O**ctober is Vegetarian Awareness Month.*

“I could never give up cheese,” is a common response I hear when I tell someone I follow a plant-based, vegan diet.

While I once felt the same exact way, I successfully eliminated cheese (made from dairy) from my diet completely just over three years ago. And I’ve never looked back.

For many people who are lactose intolerant and suffer from other digestive problems, dairy can be a total nightmare. I started experiencing a sensitivity to dairy products as early as first grade when my primary school served pizza and ice cream on Fridays.

Lactose intolerance isn't the only health reason to minimize dairy consumption from your diet. LifeHack explains that [dairy cheese has high contents of fat](#), sodium, calories, and cholesterol. Additionally, InStyle reports that [cheese and other dairy products](#) can cause acne breakouts.

Despite experiencing some intense reactions to dairy, it wasn't until nearly 20 years later that I was finally able to quit the habit.

To help celebrate Vegetarian Awareness Month, here are some tips on how you too can quit cheese.

1 Explore the world of non-dairy cheeses.

Because the dairy industry is normalized in the American diet, many omnivores are shocked to learn there are several types of non-dairy cheeses, including but not limited to soy, cashew, hemp, and almond. Essentially, you can make cheese out of any type of milk, including non-dairy ones.

[Daiya](#), [Violife Foods](#), and [Follow Your Heart](#) are some popular non-dairy cheese brands. While sometimes you may need to venture to a health food store to find non-dairy cheese, many average supermarkets stock those brands. Check the produce section near the tofu, or the alternative dairy section by the soy yogurt. However, make sure you don't accidentally buy lactose-free cheese, which still technically has dairy in it.



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