

8 Dairy-Free 'Dairy' Products That Dietitians Love



Whether you're **lactose intolerant**, **vegan**, or just want to cut down on dairy, there's no denying that finding dairy-free dairy replacements is a struggle. There are a ton of options out there, but so many of them look strange and taste even stranger. Sure, a package may say cream cheese, but all too often it definitely doesn't taste like cream cheese.

As someone who loves dairy to the moon and back, but—because of a testy stomach—can't always eat it, I fully understand the need for non-dairy alternatives that still give you that same flavor and texture. So I reached out to registered dietitians who also avoid dairy (or who have many dairy-free clients) to find out which **dairy-free "dairy" products** they love the best. From ricotta to ice cream to mac and cheese, you'd never guess that there's no dairy in these products.



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Daiya Cheese

"Daiya Cheese is free of dairy, **gluten**, and soy, but it practically tastes the same as the real deal," Abbey Sharp, R.D., Blogger at [Abbey's Kitchen](#), tells SELF. That's probably because they make their cheese out of starchy vegan ingredients like potato protein and tapioca starch. She loves to add their cheddar, mozzarella, and pepperjack flavors to "cheesy" nachos, baked potatoes, and pizza.

Per 1/4-cup serving of mozzarella: 80 calories, 5 g fat (2.5 g saturated), 7 g carbs, 0 g sugar, 0 g fiber, 1 g protein, 220 mg sodium

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<https://www.self.com/gallery/dairy-free-products>