

# Replace Dairy in Your Diet

HERE ARE 10 SIMPLE WAYS TO START—WITHOUT SACRIFICING FLAVOR OR CONVENIENCE.



1

**Pour plant-based milk over your cereal.** From soy and almond to oat and coconut, there's a non-dairy milk option for every taste and texture preference. Try a few to find your favorite, then pair it with classics like Quaker Life or Cap'n Crunch's Peanut Butter Crunch—among the many popular cereals that happen to be vegan.



2

**Upgrade your morning coffee or tea.** Start the day with an eye-opening beverage flavored with dairy-free creamer. Brands like Califia Farms, Silk, and Nutpods offer a variety of rich, velvety-sweet flavors. If creamer isn't your "cup of tea," try maple syrup, coconut oil, or even a drizzle of olive oil for a trendy twist.



3

**Swap in vegan yogurt.** Plant-based yogurt options have exploded in recent years, with delicious choices made from coconut, almond, soy, oat, and cashew milk. Brands like Kite Hill, Silk, So Delicious, and Trader Joe's offer plenty of flavors and styles. If you prefer a DIY option, homemade vegan yogurt is surprisingly simple too. Just use plant milks and add starch or agar-agar for thickening if needed.



4

**Load up your bagel with vegan cream cheese.** There's no better bagel topping than cream cheese—and thankfully, the dairy-free options are delightfully rich and tangy. Brands like Violife, Tofutti, and Kite Hill offer familiar flavors like Plain, Chive, and Everything. Pick one and level up your bagel for breakfast, lunch, or even a midnight snack. We're not judging.



5

**Opt for better butter.** Vegan butter works beautifully on toast, in baking, and in cooking. Brands like Earth Balance deliver the same richness and flavor while skipping the dairy. Your cookies, pastries, and garlic bread will be so delicious, you won't miss a thing.



6

**Scream for vegan ice cream.** Your favorite summer snack will taste even better with healthier and more earth- and animal-friendly ingredients. Whether you prefer oat milk, coconut milk, cashew milk, or soy milk, there's something for everyone. Look for vegan brands like So Delicious, or try the many vegan flavors offered by Ben & Jerry's, Breyer's, and Talenti.



7

**Build mouthwatering burgers.** No vegan burger or sandwich is complete without a slice of melty vegan cheese. Make your cookout dairy-free with vegan cheese from Violife, Follow Your Heart, or Field Roast's Chao slices. Slap a slice on your Beyond Burger or Tofurky sandwich and enjoy!



8

**Take even more pleasure in pizza.** More pizza chains than ever now offer dairy-free cheese, not to mention plant-based pepperoni, sausage, and more. Order up a vegan pie from Blaze Pizza, MOD Pizza, Mellow Mushroom, &pizza, or Pieology.



9

**Get shredded!** Making your own pizza, quesadilla, or grilled cheese sandwich? Sprinkle on some shredded cheese from one of the many brands that sell it, including Simple Truth, Violife, Daiya, or Follow Your Heart. Melty and delicious, you won't even notice it's vegan—unless you count the good feelings that come with making healthy, wise, and compassionate choices.



10

**Punch up your pasta.** All the best pasta dishes—fettuccine Alfredo, spaghetti carbonara, and lasagna—can be made even better with dairy-free sauces. Blend soaked cashews into a smooth sauce, experiment with creamy silken tofu, or use store-bought vegan cheese for convenience. Bonus tip: Nutritional yeast adds a savory, cheesy flavor—plus an extra pop of protein, B12, and fiber.



### Ready to take the next step?

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