

## **M.M. Van Benschoten, O.M.D, CA, Inc.**

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### **Healthy Choices and Dairy Substitutes**

**Note: COW, GOAT AND SHEEP MILK ALL CONTAIN VIRUSES AND HORMONES INCOMPATIBLE WITH HUMAN HEALTH. ORGANIC AND/OR RAW DAIRY IS NOT ACCEPTABLE.**

#### **Milk**

WestSoy, Edensoy, Silk, Ah Soy, Mocha Mix, Westbrae, Vitamite, Vitasoy, Better than Milk (protein powder), Soy Power (Whole Foods), Trader Joe's Almond, Oat, and Rice milks also available.

#### **Cheese**

Soymage, Almondrella, Tofurella, Follow Your Heart, Soyco cream cheese, Soyco parmesan cheese, and Tofutti Better than Cream Cheese. Tofu: soft, regular, pressed.

#### **Butter**

Smart Balance, Nucoa, Earth Balance, Spectrum, Benecol, margarine spreads with NO whey or casein.

#### **Ice Cream**

Soy Delicious, Soy/Rice Dream, Mocha Mix, Ice Bean, Tofutti, Double Rainbow, any kind of sorbet (Haagen Daas, Dole, Ben & Jerry's). Tofutti Cutie's and Tofutti bars are great.

#### **Others**

Veganiase, White Wave Soygurt, Nancy's Soygurt, Wildwood Soy Yogurt, Tofutti sour cream, Silk nondairy creamer, Westsoy non-dairy creamer, New Market Brand adds instant flavoring to alternative milk beverages.

#### **More Healthy Choices**

##### **Tofu** (soybean cheese)

Regular – Good in soups, cold with green onion and soy sauce

Soft/Silken – Good for blender drinks with fruit and honey added. Also fruit preserves for yogurt like breakfast food, mixes for pudding (Mori-Nu" brand).

Firm or Pressed – Good for stir-fry, stronger taste

Tofu Bologna – May have egg white & wheat

Tofu Burgers – Made with tempeh, a fermented soybean food

Dehydrated soy meats – May have wheat and/or yeast

##### **Tempeh** (Indonesian-style fermented soybeans)

Higher protein than tofu because it is made with the whole bean rather than the soymilk. It has a stronger flavor than tofu, chewy texture, good marinated and stir-fried. However it is **not** a reliable source of vitamin B12.

##### **Miso** (Fermented soybean soup and sauce base)

Dark miso has less salt and a richer flavor than light miso, but all miso is at least 5-10% salt. Mugi (barley) miso is best for soups and sauces. Add honey and water to sweeten for dipping sauces.