

Snack ideas for breastfeeding mums on a dairy-free diet

Information for patients

Department of Nutrition & Dietetics – Royal Hospital for Children and Young People



Please see below a list of appropriate dairy free snack ideas for breast feeding mum's following a dairy free diet. It's important to read the ingredient list on food products. If the product states 'may contain cow's milk' we recommend that this is ok to include in your diet.

Cakes, biscuits, cereal bars, confectionary:

- Nakd bars
- Deliciously Ella bars
- Eat Natural bars (not those with yogurt/milk chocolate)
- Oreo's, Dark chocolate digestives, Bourbon creams, Party rings, Sesame snaps
- M&S plant kitchen range (eg brownie/cookies)
- Hotel chocolate nut milk batons
- Marshmallows
- Nomo and ombar chocolate
- Galaxy vegan chocolate.

Savory:

- Nuts and seeds
- Raisins/dried fruit
- Nut butters
- Popcorn
- Hummus – enjoy with DF crackers/oatcakes
- Olives
- Crisps – e.g. salted tortilla chips; Kettle Chips salt + vinegar, lightly salted; Walkers ready salted, prawn cocktail, salt + vinegar, Seaweed crisps
- Bread/ Croissants (Café Nero, Coop).

Plant based alternatives:

- Yoghurts- Alpro dark chocolate, Koko , Coconut collaborative
- Ice-cream – Ben + Jerrys dairy-free options
- Desserts- Gu free from options.

Please note – this list is not exhaustive and the ingredients lists can change so always check labels.

