



IF YOU HAVE A MILK ALLERGY, LACTOSE INTOLERANCE, OR JUST WANT TO GO PLANT-BASED, YOU HAVE OPTIONS!!

CHEESE SUBSTITUTIONS

YOU CAN REPLACE DAIRY CHEESE WITH STORE-BOUGHT CHEESE MADE FROM ONE OF THESE*



SOY

TREE NUT



SWEET POTATO

POTATO

NUTRITIONAL YEAST

AVOCADO

OR YOU CAN SUBSTITUTE DAIRY CHEESE WITH ANY OF THESE*

*JUST DON'T REPLACE ONE ALLERGEN FOR ANOTHER!

ALWAYS READ LABELS!

There are a number of factory-made cheese substitutes at your local grocery store that will keep your meals just as cheesy and delicious – but **READ YOUR LABELS**. Not all non-dairy cheeses are the same, many are made with soy or tree nuts.

