

## Maternal Lactation Diet

**Table One: Non-Dairy Sources of Calcium**

Kale
Broccoli
Spinach
Fortified Cereal
White Beans
Dried Figs
Black-Eyed Peas
Seaweed
Fortified Orange Juice

**Table Two: For a Truly Soy-Free Diet, Avoid Foods that Contain any of the Following Ingredients:**

Miso
Shoyu Sauce
Soy (Flour, Grits, Nuts, Milk & Sprouts)
Soybean (Granules & Curd)
Textured Vegetable Protein (TVP)
Tofu
Y Protein (Concentrate & Isolate)
Y Sauce

**Table Three: For a Truly Dairy-Free Diet, Avoid Foods that Contain any of the Following Ingredients:**

Artificial Butter Flavor	Half & Half	Milk Derivative
Butter	Lactalbumin	Nougat
Butter Fat	Loctoglobulin	Pudding
Butter Milk	Lactose	Rennet Casein
Casein	Milk	Sour Cream
Caseinates	Milk Protein	Sour Cream Solids
Cheese	Milk Solids	Sour Milk Solids
Cottage Cheese	Condensed Milk	Whey
Cheese Curds	Evaporated Milk	Yogurt
Custard	Dry Milk	