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Unsweetened calcium-fortified dairy alternatives like soya milks, soya yoghurts and soya cheeses also count as part of this food group and can make good alternatives to dairy products. To make healthier choices, go for lower fat and lower sugar options.

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Alisa is the founder of GoDairyFree.org, Food Editor for Allergic Living magazine, and author of the best-selling dairy-free book, Go Dairy Free: The Guide and Cookbook for Milk Allergies, Lactose Intolerance, and Casein-Free Living, and the new cookbook, Eat Dairy Free: Your Essential Cookbook for Everyday Meals, Snacks, and Sweets. Alisa is also a professional recipe creator and product ambassador for the natural food industry.

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