

# Nuttelelex<sup>TM</sup>

## The healthy alternative

### WHAT'S DAIRY & LACTOSE FREE MEAN?

Dairy-free means there is no milk from cows or any other mammals, and there is also no part of milk or its derivatives such as milk sugar, milk solids, buttermilk, caseinate or milk powder.

Lactose-free on the other hand, is concerned with the sugar component of dairy products. Lactose is a sugar that is found in milk and dairy products such as yogurt, ice cream, soft cheeses and butter.

Therefore, if a product is labelled lactose free that does not necessarily mean it is also dairy free.

### IS NUTTELEX LACTOSE & DAIRY FREE ?

Yes, all Nuttelelex spreads are both lactose & dairy free.

### COMMON LACTOSE & DAIRY ALTERNATIVES

- Soy based yogurt, sour cream, ice-cream and milk
- 100% lactose free milk
- Milk free, lactose free & soy free cheese
- Almond milk
- Rice milk
- Coconut milk and coconut yogurt
- Cashew cheese

### LACTOSE & DAIRY FREE FOODS THAT ARE RICH IN CALCIUM

- Beans and salmon
- Oatmeal
- Spinach, broccoli and other dark green leafy vegetables
- Almonds and brazil nuts

### COOKING TIP:

**BAKING, ROASTING & COOKING:** Use Nuttelelex to replace the butter content in all your recipes substituting Nuttelelex for the same amount of butter in your recipe.

**DESSERTS & BAKED GOODS:** Nuttelelex works wonderfully in place of butter in frosting and most baked goods. For a milk substitute try rice milk rather than soy, because its' delicate texture and natural sweetness makes it perfect for desserts, baked goods, as well as curries and sauces. Note however, unlike Nuttelelex, it's not as ideal in savory dishes.

### DAIRY & LACTOSE FREE BASICS