



THE DIFFERENCES BETWEEN

DAIRY ALTERNATIVES

WebstaurantStore

NON DAIRY

May contain dairy derivatives like casein or whey

Not suitable for those with a dairy allergy

Commonly used to label coffee creamers and cheese

DAIRY FREE

Contains no animal milk ingredients

Suitable for those avoiding all dairy due to allergy or diet

Includes options like oat milk, coconut milk, and soy milk

LACTOSE FREE

May still contain casein or whey

Suitable for those with lactose-intolerance

Not suitable for dairy allergy or vegan diet