

Dairy Swaps

HTH

Swap This (Conventional)	For That (Clean Alternative)	Why It's Better
Grocery store eggs (e.g., Eggland's Best)	Vital Farms Pasture-Raised Eggs	Truly pasture-raised hens, no antibiotics, ethical sourcing.
Conventional milk (e.g., Horizon Organic, store brands)	MALK or Three Trees Nut Milks	2–3 ingredients, no gums, carrageenan, or oils — just nuts and water.
Coffee Creamer (e.g., CoffeeMate, International Delight)	Califia Farms 3-Ingredient Almond or Oat Creamers	No refined sugar or oils, gum-free, clean plant-based creaminess.
Store-bought butter (Land O'Lakes, etc.)	Vital Farms Butter or Miyoko's Cultured Vegan Butter	No hormones or additives — either pasture-raised dairy or whole-food plant-based.
Sour cream (conventional brands)	Good Culture Sour Cream	Simple ingredients, no thickeners, real probiotic cultures.
Cream cheese (Philadelphia, etc.)	Miyoko's Creamery Vegan Cream Cheese	Cultured cashew base, no preservatives, dairy-free and gut-friendly.
Yogurt (Yoplait, Dannon, etc.)	Cocojune or Siggi's	Organic, no added sugar, high in protein or probiotics (depending on type).
Cheese singles / American cheese	Raw or A2 Grass-Fed Cheese (e.g., Organic Valley Raw Cheddar)	No processed fillers, often easier to digest, no artificial dyes.

Always check the label even plant-based products can be packed with gums, flavorings, and oils. Look for simple, short ingredients and brands that prioritize transparency and sourcing.