Galactosemia Cheese Guide

Almost all cheese is made from animal milk, so **most cheese is a NO**. There are **ONLY two safe exceptions:** 1. dairy-free (plant-based) cheese, and 2. a few hard cheeses aged 1 year or more. When in doubt, leave it out and ask your Registered Dietitian.

⛔

NO

Cheeses to avoid

- ✗ **Cream cheese**
- ✗ **Ricotta**
- ✗ **American & processed slices**
- ✗ **Mild, medium & sharp Cheddar***
- ✗ **Provolone**
- ✗ **Feta**
- ✗ **Queso fresco & paneer**
- ✗ **Cottage cheese**
- ✗ **Fresh mozzarella**
- ✗ **Cheese spreads & dips**
- ✗ **Colby & Monterey Jack**
- ✗ **Brie & Camembert**
- ✗ **Blue cheese**
- ✗ **String cheese**

* Even **sharp** or **extra-sharp** Cheddar is a NO unless the label specifically says **aged 1 year or more** (see page 3).

✅

YES

Safe cheeses

1. dairy-free (plant-based) cheese (NO animal milk added)

- ✓ **ALL dairy-free cheese is safe**
- ✓ Does **NOT** have milk products in the ingredient list
- ✓ Does **NOT** have "CONTAINS MILK" below the ingredient list
- ✓ **Helpful labels:** "dairy-free", "vegan"

2. Hard cheeses aged 1 year or more (the ONLY safe animal-milk dairy product)

- ✓ **Swiss** (aged 1 year or more)
- ✓ **Gruyere** (aged 1 year or more)
- ✓ **Parmesan** (aged 1 year or more)
- ✓ **Jarlsberg** (aged 1 year or more)
- ✓ **Emmentaler** (aged 1 year or more)
- ✓ **Cheddar** (aged 1 year or more)

Even though these aged, hard cheeses DO contain milk, they are safe. This list of aged, hard cheeses are the ONLY milk products that are safe. Choosing a safe cheese can be tricky. **When in doubt, leave it out!**

1. How do I know a cheese is dairy-free and safe?

Plant-based cheeses that are dairy-free (made with NO animal milk and NO dairy products) are always safe, just check the label.

⛔ NO

Milk-based cheese *(made from animal milk)*

FRONT



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Not safe: the seal reads **"made with milk from cows,"** and it is not aged 1 year or more.

✅ YES

Dairy-free cheese *(no animal milk)*

FRONT

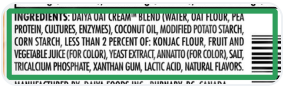


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INGREDIENTS



Safe: the front says **"Dairy-Free,"** and there is no milk in the ingredient list (made using oats and coconut oil).

Examples of dairy-free cheeses

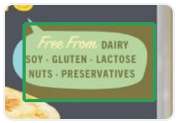
✅ YES

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"Violife"

Coconut-oil based

✅ YES

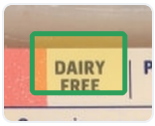
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"Miyoko's"

Cashew-based

Food companies change their ingredients often. ALWAYS check the food label.
When in doubt, leave it out and talk to your Registered Dietitian.

2. How do I know a hard cheese is aged at least 1 year and safe?

Again, this one can be tricky and takes close attention. Aged (1 year or longer), hard cheese is the ONLY dairy-containing cheese that is safe. When in doubt, leave it out!

The cheese must be a hard cheese that is aged 1 year or more.

Hard cheeses include:

Swiss	Jarlsberg	Gruyere
Emmentaler	Parmesan / Parmigiano (these are the same)	Cheddar

Bonus clue: a truly aged, hard cheese shows **0 g total sugars** on the Nutrition Facts.

⚠️ **Watch out for these words, they do not tell you the cheese is safe on their own:** words like **"sharp," "reserve," "vintage,"** or **"mature"** are NOT enough on their own. The label **must** give a time of **1 year (12 months) or more**.

✅ SAFE: the label shows it is aged 1 year or more

✅ **YES**

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***"Galli"* Parmigiano Reggiano (parmesan)**

Aged over 24 months

✅ **YES**

FRONT



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***"Kerrygold"* Aged Cheese Snacks**

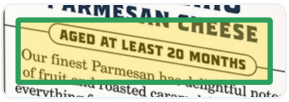
Aged for over 12 months

✅ **YES**

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***"Sartori"* SarVecchio Parmesan**

Aged at least 20 months

Food companies change their ingredients often. ALWAYS check the food label.
When in doubt, leave it out and talk to your Registered Dietitian.

The word "aged" is not the same as "aged for 1 year or longer"

Lots of foods say "aged" but are still a NO. The cheese MUST specify how long it has been aged (1 year or longer) to determine if it is safe.

⛔ NOT safe, even though the label says "aged"

⛔ NO

FRONT



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***"Ricos"* Aged Cheddar Cheese Sauce**

A processed cheese sauce, made with milk

⛔ NO

FRONT



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***"Annie's"* Aged Cheddar Mac & Cheese**

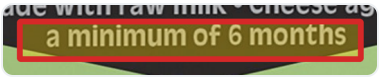
A processed meal, made with milk

⛔ NO

FRONT



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***"Organic Valley"* Raw Sharp Cheddar**

Aged only 6 months, less than 1 year

⚠️ Not sure how long a cheese was aged? When in doubt, leave it out.

⚠️ NOT SURE

FRONT



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***"Kerrygold"* Aged Cheese Slices**

Says "aged" but gives no time

If a cheese only says **"aged"** with no number of months or years, you cannot tell whether it reached 1 full year. **When in doubt, leave it out**, and ask your Registered Dietitian.

Food companies change their ingredients often. ALWAYS check the food label.
When in doubt, leave it out and talk to your Registered Dietitian.

Source: galactosemia.org

FoodFlip
joinfoodflip.com