

Dairy and Plant Milk Fit Checklist

Use one product comparison at a time.

Symptom Fit

- Product:
- Serving size:
- Meal context:
- Symptoms within 0-4 hours:
- Symptoms next day:

Label Fit

- Calcium:
- Vitamin D:
- Protein:
- Added sugar:
- Added fibers such as inulin or chicory:
- Sugar alcohols:
- Base ingredient:

Decision

- Keep:
- Retest smaller serving:
- Compare with simpler product:
- Discuss with clinician or dietitian: