

Don't Be Cheesy: Choose Plant-Based!

Eating cheese, which is high in calories, fat, and cholesterol, can lead to weight gain and health problems. The good news is that you can break your cheese habit without giving up your favorite foods!



Pizza

Ditch the dairy and your pizza's flavors will come alive! Add spices like basil, oregano, and paprika, grilled vegetables, sun dried tomatoes, artichokes, and olives.

Why not try?

Basil | Mushrooms | Eggplant | Zucchini | Artichokes



Salads

Salads don't need cheese to be filling. Try adding nuts, seeds, or beans for a protein boost and fruit, like mangoes or berries, for a special touch.

Why not try?

Avocado | Olives | Fruit | Chickpeas | Nuts



Vegetables

Do you smother your veggies in cheese? The following toppings add flavor to raw carrots and cucumbers, steamed broccoli and spinach, and other vegetables.

Why not try?

Lemon Juice | Guacamole | Garlic | Hummus | Nutritional Yeast



Sandwiches

It's easy to make a sandwich without the meat and cheese. Pile high lettuce, tomato, cucumbers, and grilled vegetables and spread one of the toppings below.

Why not try?

Hummus | Red Wine Vinegar | Pesto | Mustard | Nondairy Mayo



Burritos

Holding the cheese on your burrito will allow the flavors of spices, like cumin, coriander, turmeric, paprika, and cilantro, to emerge.

Why not try?

Avocado | White Bean Spread | Pinto Beans | Black Bean | Spices



Crackers

Crackers without cheese? It's true! Spread these toppings on, and you'll get all of the flavor without any of the regret.

Why not try?

Hummus | Almond "Cheese" Ball | Red Peppers | Olive Tapenade | Guacamole



#DairyFree

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#CheeseTrap