



dairy-free DIET



General Information

In recent years there has been more awareness about dairy products and their effects on the human body. Even though dairy products have a rich source of calcium and other nutrients, several key areas of concern have emerged. *These include:*

- 1- The proteins in cow's milk (casein and whey) are common food allergens.
- 2- Many people cannot tolerate dairy due to a deficiency of the enzyme lactase, which breaks down the sugar lactose in milk.
- 3- In general, the population has become more concerned about exposure to hormones and antibiotics that the milk-producing cattle have ingested.

A quick check to see if you are sensitive or allergic to dairy products is to eliminate them from your diet for several days and see if your persistent symptoms go away.

Signs and Symptoms of Lactose Intolerance

- | | |
|------------------|------------|
| ○ Bloating | ○ Gas |
| ○ Abdominal pain | ○ Diarrhea |

Signs and Symptoms of Dairy Allergy or Sensitivity

- | | |
|-----------------------------|----------------------|
| ○ Skin rashes or hives | ○ Breathing problems |
| ○ Gastrointestinal distress | ○ Congestion |
| ○ Anaphylaxis | ○ Excess mucous |

Alternatives to Dairy

1. Goat milk is a popular alternative to dairy. It is easier to digest and contains calcium and protein.
2. Rice, almond, and hemp milk are commonly used in place of milk.
Non-dairy cheeses are also available in specialty stores (soy protein may also be an allergen for many people).
3. Hard cheeses are usually tolerated by lactose intolerant individuals due to the very small lactose content.
4. Lactase-added dairy products are available as well.
5. Specific enzymes recommended by your health practitioner can reduce symptoms after consumption of dairy.



Meeting Calcium Needs

As dairy is rich in calcium, a concern of switching to a dairy-free diet is whether or not sufficient calcium is consumed. Consider the following to maintain adequate daily levels of calcium:

○ Sardines, canned, with bones, 3 oz.	324 mg
○ Almonds, ¾ cup	282 mg
○ Goat's milk, 1 cup	244 grams
○ Orange juice, calcium fortified, 6 fl oz.	200-260mg
○ Salmon, pink, canned, solids with bone, 3 oz.	181 mg
○ Amaranth, 1 1/3 cup cooked	153 mg
○ Turnip greens, boiled, ½ cup	99 mg
○ Kale, cooked, 1 cup	94 mg
○ Rainbow trout, 3 ½ oz cooked	86 mg
○ Chinese cabbage, raw, 1 cup	74 mg
○ Pinto beans, ½ cup cooked	46 mg
○ Broccoli, raw, ½ cup	21 mg



set goal



develop plan



take action



score your success

ACTION PLAN:

goal: _____

action: _____

plan: _____

SUCCESS score: scale: 1 (lowest) - 10 (highest)

current score _____

30 day score _____

60 day score _____