



Dairy Free diet

Now that you are aware that dairy products may be affecting your health, the question is: What foods do I need to avoid? Dairy is any product made from cow's milk. Eggs are not dairy. Goat's milk should also be avoided at first.

Besides the obvious food products like milk, cheese, yogurt, sour cream and ice cream, you should be aware of any dairy ingredients in other foods such as cereals, breads, soups, hot dishes, crackers and desserts.

When humans consume products made from cow's milk, the dairy proteins are hard to digest and can create a thick mucus layer that covers our intestinal lining. This causes increased inflammation in our guts and decreases our absorption of important nutrients. On average, it takes the body 6 weeks from the time you consumed your last bit of dairy to clear out this thick mucus from the guts. In other words, if you are dairy free for 2 weeks, then you have an ice cream cone, you must reset the timer and start another 6 weeks of dairy free eating.

After you have been dairy free for 6 weeks, your body will have healed the immediate damage that was done to the intestinal lining and you will begin to notice increased energy do to the improvement in digestion and absorption of nutrients.

At first, this may seem like a daunting task, but be patient, it will take time to learn what has dairy in it and what does not. If you are at a restaurant, ask your server if there is dairy added to any of the food you just ordered. For example, the vegetables that come with your steak may have cream added and most mashed potatoes have milk added to smooth them out. Never assume that food from a restaurant is dairy free unless you ask.



At the grocery store, check the labels on all processed foods you are purchasing. On the back of this sheet is a list of common ingredients that are produced from dairy.

For further guidance, look online for web sites that promote a dairy free diet, there are many of them. One such site is godairyfree.org

*Note – Butter **will not** cause intestinal irritation in most people who are sensitive to dairy. The proteins in dairy cause most of the irritation. Butter is 99% fat with the proteins removed. For this reason butter is ok to use during a dairy free diet.

Acidophilus milk	Half-and-half	Milk Solids
Ammonium Caseinate	Hydrolysates	Nougat
Artificial butter flavor	Hydrolyzed Casein	Potassium Caseinate
Buttermilk	Hydrolyzed Milk Protein	Pudding
Calcium caseinate	Iron Caseinate	Recaldent
Casein	Lactalbumin	Ready Sponge
Caseinate	Lactalbumin Phosphate	Rennet Casein
Cheese (All)	Lactate	Sodium Caseinate
Condensed Milk	Lactoferrin	Sodium Lactylate
Cottage Cheese	Lactoglobulin	Sour Cream
Cream	Lactose	Sour Milk Solids
Curds	Lactulose	Sweetened Condensed Milk
Custard	Magnesium Caseinate	Whey
Delactosed Whey	Malted Milk	Whey Powder
Demineralized Whey	Milk (all types)	Whey Protein Concentrate
Dry milk powder	Milk Derivative	Whey Protein Hydrolysate
Dry milk solids	Milk Fat	Yogurt
Evaporated milk	Milk Powder	Zinc Caseinate
Goat's milk	Milk Protein	