

DAIRY: IS IT PART OF A HEALTHY DIET?

Katie Rodriguez, Nutritional Consultant



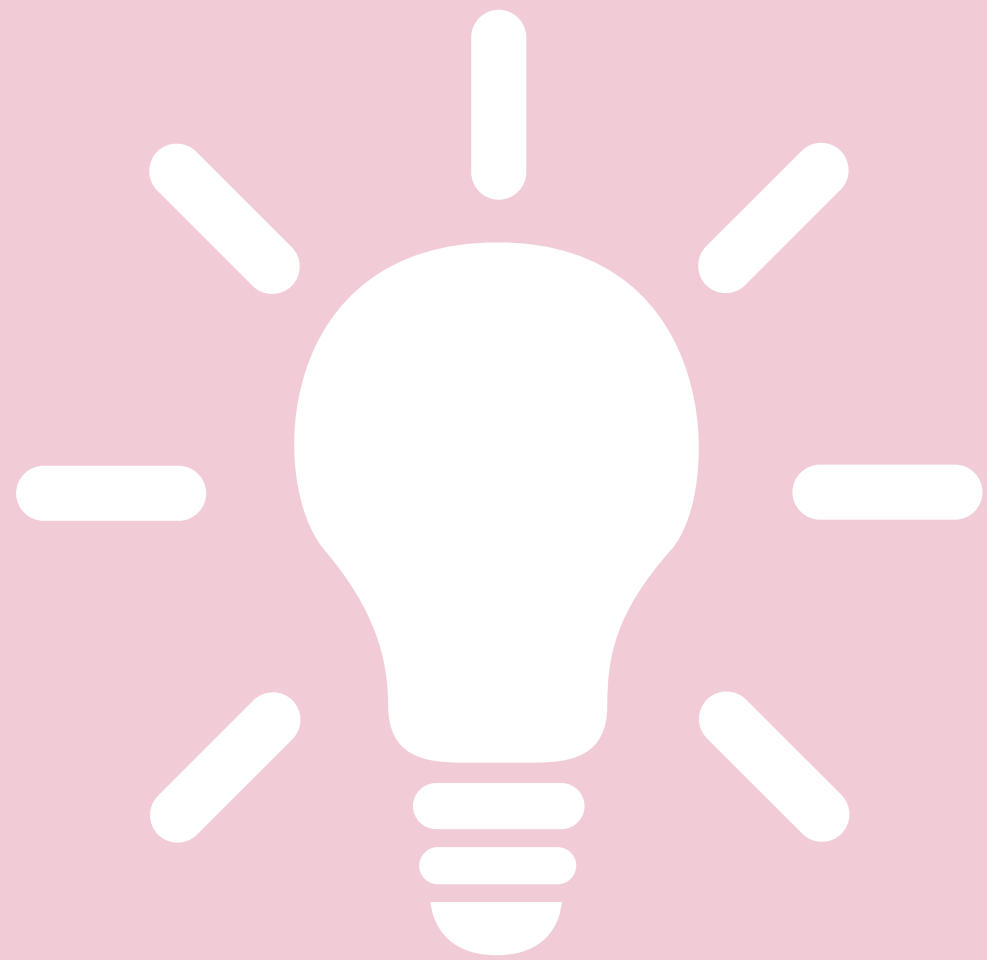
Looking back on it...

DAIRY AND I HAVE ALWAYS BEEN AT ODDS

- Grew up on milk, cheese, and ice cream
- Often suffered from bloating, constipation, gas, and diarrhea
- Figured this was normal



TREMENDOUS EVIDENCE SUGGESTS
THAT DAIRY DISRUPTS THE
DIGESTIVE SYSTEM.



THE INHERENT PURPOSE OF FOOD: TO FUEL THE BODY



I performed an experiment

DAIRY CONSUMED:

- Raw
- Whole-fat
- Hormone-free
- Antibiotic-free

I'M NOT SUGGESTING SWITCHING TO
HIGH-QUALITY DAIRY PRODUCTS
WILL MAGICALLY CURE YOUR
LACTOSE INTOLERANCE.

I'M NOT SUGGESTING **EVERYONE**
SHOULD CONSUME DAIRY.

“The countries with the highest rates of osteoporosis are the ones where people drink the most milk and have the most calcium in their diets. The connection between calcium consumption and bone health is actually very weak, and the connection between dairy consumption and bone health is almost nonexistent.”

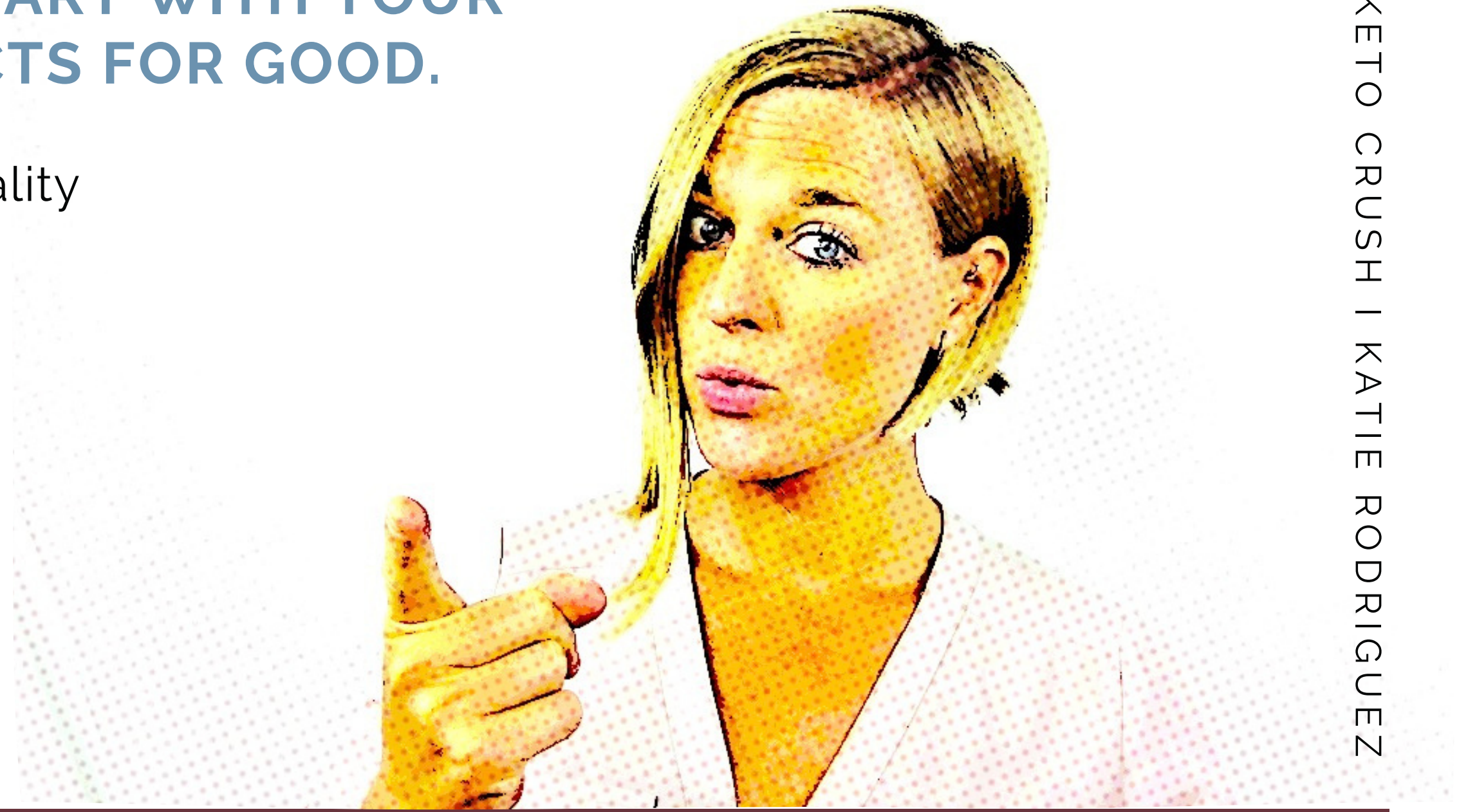
-AMY LANOU PH.D.

NO **ONE** DIET WORKS FOR **ALL**.

If you're anything like me...

YOU'RE UNWILLING TO PART WITH YOUR BELOVED DAIRY PRODUCTS FOR GOOD.

- Focus on consuming high-quality dairy products
- Practice consuming dairy in moderation



5 RULES OF THUMB WHEN SELECTING DAIRY PRODUCTS

- ✓ **Purchase Organic, Certified Humane or Animal Welfare Approved**
- ✓ **Reach for Grass-Fed**
- ✓ **Consider Raw**
- ✓ **Consume Unadulterated Varieties**
- ✓ **Choose Whole-Fat**





Rule #1:

**PURCHASE ORGANIC, CERTIFIED
HUMANE OR ANIMAL WELFARE
APPROVED**

- **Certified Organic:** good
- **Certified Humane:** better
- **Animal Welfare Approved:** best



Rule #2:

REACH FOR GRASS-FED OPTIONS

- What's good for the animal is good for us.
- Animals such as cows, lambs, goats and bison are all meant to eat grass, not organic corn and grains.



Rule #3:

CONSIDER RAW DAIRY PRODUCTS

- Complete food
- Contains digestive enzymes
- Natural probiotic

"You are thirty-five thousand times more likely to get sick from other foods than you are from raw milk."

-DR. TED BEALS, M.D.

Why take the chance?

CONSUMING RAW DAIRY CAN IMPROVE YOUR GUT MICROBIOME

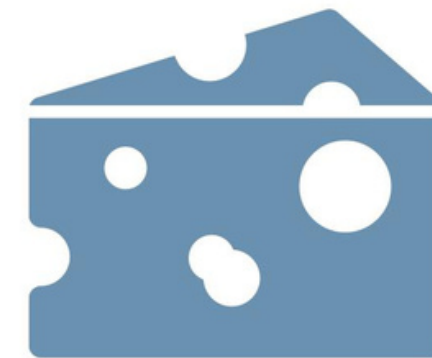
- Complete food
- Contains digestive enzymes
- Natural probiotic



Benefits of eating raw dairy

BENEFITS OF CONSUMING RAW DAIRY

- Reduced Allergies
- Improved Skin
- Increased Bone Density
- Weight Loss
- Neurological Support
- Improved Immune Function





Rule #4:

CONSUME UNADULTERATED VARIETIES

- No additional fruit
- No added sugar

ADDED FRUIT = A LOT OF EXTRA SUGAR



Rule #5:

CHOOSE WHOLE-FAT

- Low fat tends to be higher in sugar
- Low-fat often contains additives

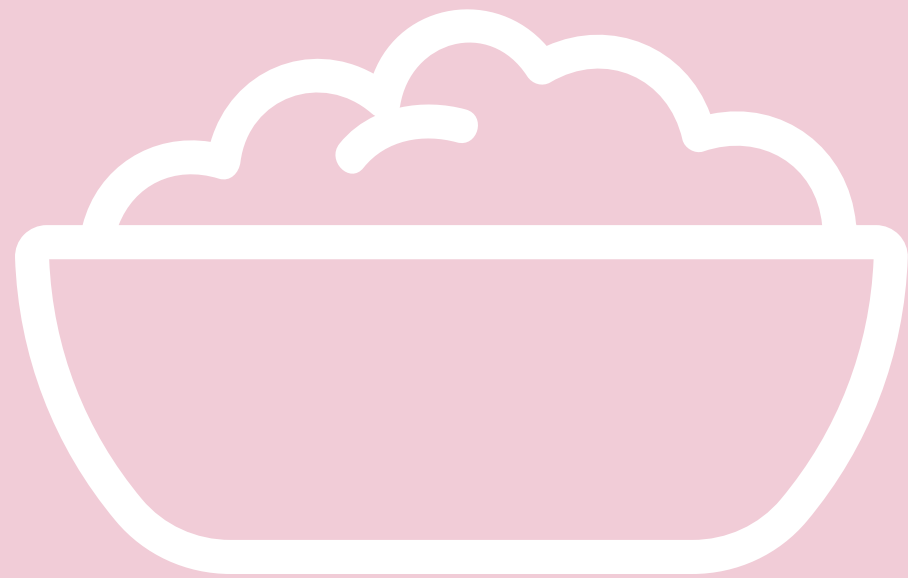
DON'T BELIEVE ME?



DAIRY MILK

- 1 cup skim milk = 12g sugar
- 1 cup whole milk = 11g sugar
- **Great option:** 1 cup unsweetened almond milk = 0g of sugar

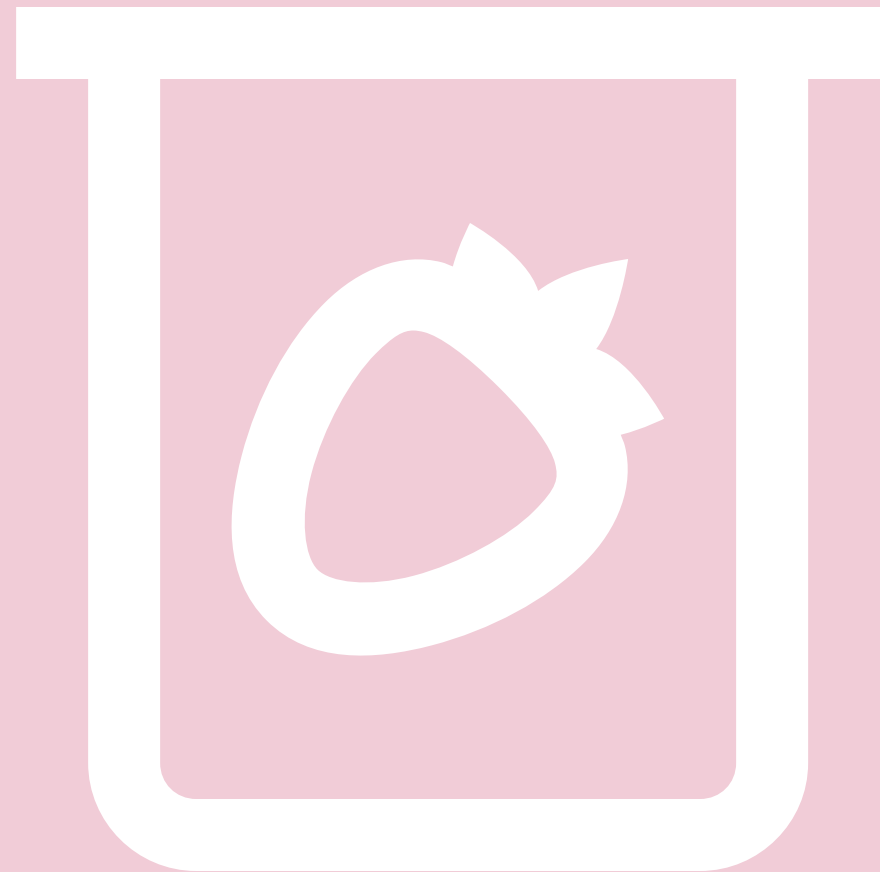
Figures provided by: www.MyFitnessPal.com



COTTAGE CHEESE

- 1 cup non-fat cottage cheese = 10g sugar
- 1 cup whole-fat cottage cheese = 8g sugar
- **Great option:** Organic Valley, 4% milkfat, USDA Organic

Figures provided by: www.MyFitnessPal.com



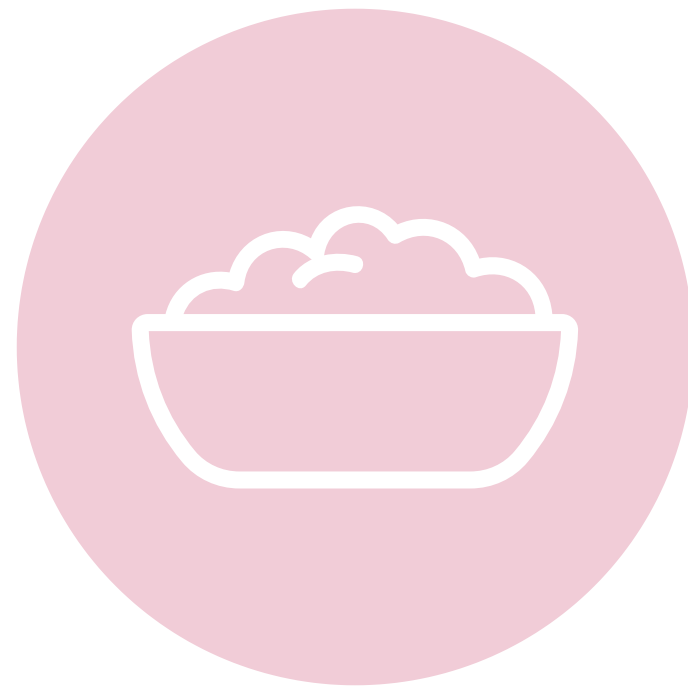
YOGURT

- 1 cup plain, low-fat yogurt = 17g sugar
- 1 cup plain, whole-fat yogurt = 13g sugar
- **Great option:** 1 cup raw goats milk kefir = 2g sugar

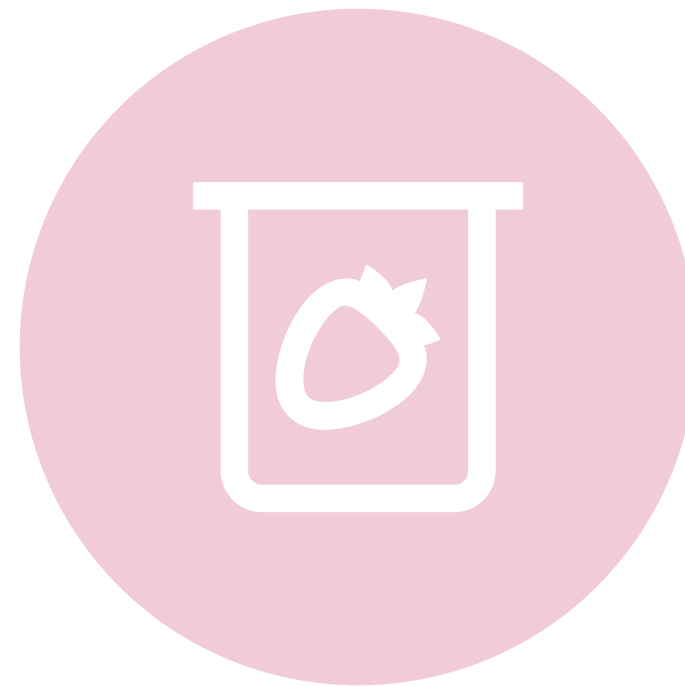
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CONSUME DAIRY IN MODERATION.

MY FITNESS PAL



**1 cup 4% organic
cottage cheese**
10g carbs, 8g sugar



**1 cup unsweetened
organic yogurt**
14g carbs, 13g sugar



**8oz whole fat
organic milk**
12g carbs, 11g sugar

4 Best Dairy Options

4 BEST KETOGENIC DAIRY OPTIONS

1. Ghee butter
2. Goat's Milk Kefir
3. Raw cheese
4. Heavy whipping cream



Best non-dairy keto options

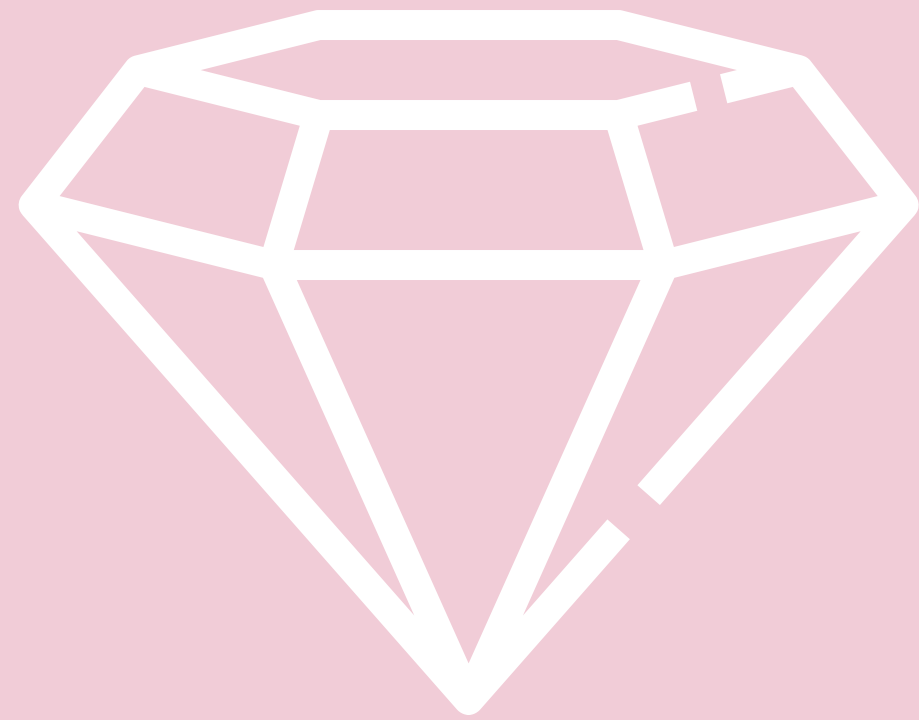
3 BEST NON-DAIRY OPTIONS

- Unsweetened Coconut milk
- Unsweetened Nut milk
- Unsweetened Seed milk

3 THAT DIDN'T MAKE THE LIST

- Oat milk
- Pea protein
- Soy milk

www.museandme.com



ACTION STEP:

Consider an elimination diet

An elimination diet can help you target dairy sensitivities.

Elimination Diet

HERE'S HOW:

1. Eliminate dairy from your diet entirely for 7 days.
 2. On day 8, introduce some of the healthier dairy products I've suggested.
 3. Wait 24-48 hours and document your digestion.
 4. After this period, try reintroducing some of your favorite dairy products.
 5. Again, wait 24-48 hours and document your digestion.
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