There’s a lot to unpack with dairy. So let’s begin

If consuming dairy, opt for organic dairy to avoid antibiotics, growth hormones and pesticides that are carried in the fatty portion of the dairy products. Milk is a power food meant to help a baby grow. It has lots of nutrients. If you’re trying to lose fat, drinking milk and consuming lots of dairy will probably not help you lose fat consumed in large amounts. On the other hand, If you want to put on weight or especially for men, bulking up and putting on muscle, dairy is a great option if you have no issues with it. My husband drinks straight heavy whipping cream and drinks gallons of milk at a time when he’s bulking. He’s naturally fit and putting on weight over his natural weight is somewhat difficult. To get his calories up in order to gain muscle and weight, dairy is a good way to get in a lot of pretty good quality calories.

What is cow milk made of? It’s made up of 5 parts.

1. Water - Cows milk is 87% water.

2. Fat - Triglycerides. Whole milk contains about

5% of these fats.

3. Casein - Casein is the protein found in milk.

Casein A1 is found in cows milk. Casein A2 is found in goats milk. Whole cows milk contains about 3% A1 casein protein.

4. Lactose - Lactose is a type of sugar found in milk.

5. Minerals - Cows milk contains

120mg calcium per 100ml.

150mg phosphorus per 100ml.

220mg potassium per 100ml.

50mg sodium per 100ml.

500IU vitamin A per 100ml

There are a few things to consider when deciding if dairy should stay in your diet, in moderation or not at all. While people who have an allergy to dairy should obviously stay away.

If you aren’t allergic but have issues with dairy, you may have an intolerance to one of the few elements of dairy.

CASEIN INTOLERANCE

An intolerance to the protein.

\*If you are intolerant to the protein in cows milk, A1 casein, you may want to experiment with goats milk that contains A2 casein which is more easily digestible for some.

\* Heavy whipping cream contains no casein.

LACTOSE INTOLERANCE

\*If you have an intolerance to the Lactose in milk, you may want to experiment with lactose free milk. Lactose “free” milk actually still contains lactose or sugar, the dairy producer has just added “Lactase.” This is the enzyme that helps us digest dairy. Some people have more of this enzyme than others. This makes the individuals with none or low levels of lactase cannot digest the sugars in the milk as well.

\*Typically, those who are lactose intolerant can still eat most cheeses and not experience symptoms. This is because in the process of making cheese, lactose is converted into lactic acid which is easy to digest.

\*Skim milk does not contain lactose.

\* Fermented dairy such as kefir has less lactose so you may be able to tolerate it.

\* Even if you are lactose intolerant you may be able to digest small amounts in a single meal.

\*Cream, butter and yogurt have little to no lactose (full fat heavy whipping cream has none) so these are still okay for those with lactose intolerance. Heavy whipping cream also does not contain casein.

And finally, some cannot handle the fat in dairy. Although this is more rare.

Pay attention to which dairy foods give you trouble. Is it just milk? Is it only when you consume large amount of dairy? This may help you to figure out if your issue is with lactose. If it is an issue with lactose then taking a digestive enzyme that contains lactase 30 minutes prior to the meal may help, along with consuming smaller amount of dairy at your meals or eliminating it from your diet.

Casein is the main protein in dairy and is also added to other foods used as a binding agent. Casein is found in milk and in lactose free dairy products. So, if you consume lactose free products and still experience symptoms it may be the casein and not lactose that is causing your issues.

In addition to gut and digestive symptoms, a casein sensitivity has been linked to ADHD, autism, brain fog, asthma, aggression, anger and excess mucus production. It can also cause headaches, ear infections, eczema and skin allergies.

Pasteurization is a process that heats the milk to kill off bacteria, microbes and pathogens. However, the process also kills off the good bugs. It also destroys enzymes that are needed to break down fats, and proteins and to deliver vitamins and minerals.

Ultra- Pasteurized milk is heated to 275 degrees and destroys everything! It is best to avoid this type of milk.

Pasteurized milk is heated to 160 degrees and preserves some of the good bacteria.

CHEESE

The fresher the cheese the more lactose it will have. Aged cheese contains much much less lactose.

Muenster, camembert, brie, cheddar, provolone, gouda, blue, parmesan and swiss are all good choices if you are limiting lactose.

Feta, ricotta, Colby, American and Velveeta (why would you eat these last two processed cheeses anyway? jk) are higher in lactose.

Raw cheese has only small amounts of lactose and casein.

I and my husband are on the hunt for raw dairy. My husband and myself have experienced little to no symptoms from consuming raw dairy as opposed to pasturized diary. Some say that raw dairy has the lactase enzyme present in the raw. milk which helps to digest in the human stomach. There in still lots of debate on this but I do know we can happily enjoy raw dairy with no symptoms. Whatever the cause is, we and many other people have seen a difference in how our bodies respond to it.

EGGS

I personally don’t know much about eggs. I’ve enjoyed eggs off and on throughout my life from my family’s farm hens. The eggs were good quality but as my body changes I no longer can tolerate eggs on their own. Eat them if they make you feel good. If you’re unsure, eat a boiled egg or two with salt and see how you respond.