

Is Dairy Free Right For Me?

Common signs of a dairy sensitivity:

- Acne
- Allergies
- Bloating
- Diarrhea
- Flatulence
- Headaches
- Migraines
- Nausea
- Sinus Congestion
- Difficulty losing weight
- Dry, flaky skin

What should I do? Follow these 4 steps:

1. A dairy free experiment! Remove all dairy sources from the diet for 4-6 weeks. Ideally, this includes butter and whey protein (although for most people, even with a dairy sensitivity, they are able to tolerate these).

2. Stock up on dairy-free alternatives:

- [Almond Milk](#)
- Avocados
- [Coconut Cream](#)
- [Coconut Milk](#)
- [Coconut Oil](#)
- Nuts
- Nut Butters
- [Olive Oil](#)
- Seeds
- [Unrefined Mayonnaise](#)
- [Dairy Free Protein Powder](#)

3. After 4-6 weeks, gradually reintroduce dairy in the following order, adding in one item every 3 days. When you introduce a food back in, have a LOT of it that day (several servings). Pay attention to your body. Report any changes to your Dietitian Coach!

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| 1. Ghee | 6. Aged hard cheeses |
| 2. Butter | (asiago, cheddar, gouda) |
| 3. Goat Cheese | 7. Heavy Cream |
| 4. Whey Protein | 8. Soft cheeses (cream cheese & cottage cheese) |
| 5. Kefir/Yogurt | |

4. If you felt better and noticed improvements without dairy, leave it out and discuss with your [Dietitian Coach](#) ways to make dairy free fit in with your lifestyle and preferences. (If you aren't meeting with a Dietitian Coach, this is recommended!) If you discuss your results with your Dietitian Coach and decide that it wasn't interfering with your goals, keep it in your diet!

Remember, quality counts!

Be sure you're not taking any ol' supplements as they can cause more harm than good if they aren't high quality (the opposite of what we're trying to achieve!).