

Dairy, Dairy Substitutes & Eggs

Milk, Natural Cheese
& Yogurt



Dairy, excluding cheese, should be eaten in *moderation*. Non-dairy milk should also be used in *moderation*. Cheese should be eaten or used *sparingly*.

Food for thought...

1. If an animal's quality of life is compromised, do you think the meat, dairy and eggs they produce are compromised too?
2. If a hormone is used to promote milk production or growth, do you think there could be trace amounts of the hormone in the animal's milk or eggs?
3. How do you feel about eating eggs and cheese and drinking milk from an animal that was administered hormones to stimulate growth and promote milk production? Do you believe eating foods that were derived from an animal given hormones could negatively impact your long-term health?
4. Would the real cheese please stand up?! How closely have you looked at cheese labels? The next time you're at the grocery store, check some cheese labels, especially prepackaged highly processed ones, for the words *pasteurized process cheese food*, *pasteurized process cheese spread*, and *pasteurized process cheese product*. What are some of the ingredients listed in these products? Why are these cheese foods, cheese products and cheese spreads NOT authorized to be labeled simply as "cheese"?
5. Do you think there's a difference in the quality of local, pasture-raised chicken eggs versus eggs from large-scale national distributors?
6. Is there a local farm or farmers' market where you can purchase eggs?
7. Have you looked at a carton of local eggs? Typically, each egg appears slightly different in size, shape and shade. Just like people, no two eggs are exactly alike! Nature is meant to have variety. Now, go check out at a carton of eggs from the grocery store; every egg is surprisingly and strangely similar!

8. Have you ever thought about how many different foods incorporate cheese without you even taking notice? Sandwiches, salads, soups and many meals add an overabundance of cheese. Be aware and try to keep your cheese consumption to a minimum!
9. Have you ever perused the yogurt section and checked how much sugar is snuck into some of those small sweetened yogurts? Hmm... snack or dessert?

THE “NO-NO’S”

- **Dairy:** Avoid enriched milk. Avoid sweetened dairy products such as milk and yogurt.
- **Dairy substitutes:** Avoid sweetened and flavored non-dairy milks. Avoid milk alternatives with unfamiliar ingredients.
- **Cheese:** Avoid highly processed cheese such as cheese products, foods, spreads, canned cheeses and cheese dips. Read the label and ingredients.

Avoid cheese labels that state: pasteurized process cheese food, pasteurized process cheese spread and pasteurized process cheese product. Typically, cheese labels that state this are highly processed. Ask yourself, “Why would I eat cheese foods, cheese products and cheese spreads that are NOT authorized to be labeled simply as cheese?”

- **Eggs:** Avoid eggs from large companies that house their chickens in poor living conditions. Avoid cage-free and free-range eggs, if possible.

SO, WHAT'S OKAY TO EAT WHEN IT COMES TO EGGS AND DAIRY?

Go organic when it comes to dairy products, including milk. Aim for 100% grass-fed, if possible.

- **Dairy:** Unsweetened dairy
Dairy from animals that weren't administered growth hormones
- **Yogurt:** Unsweetened yogurt
Limited amounts of sweetened yogurt. Be sure to check the ingredient label. Refer to the 100% Natural Sugars and Sweeteners section for an approved list.
- **Cheese:** Limited amounts of natural cheese consisting only of basic ingredients
- **Eggs:** Eggs from pasture-raised chickens
Eggs from chickens free of growth hormones; preferably from chickens that were not fed soy. Some hens are fed all-vegetarian diets that include soy.

THE SKINNY ON MILK: FULL-FAT VERSUS LOW-FAT AND FAT-FREE MILK

As part of our switch to real food, we took a closer look at full-fat versus reduced fat milk.

Because Pam gets her milk from a local farm and is able to talk to the farmer about how the milk is processed, she opts for low-fat milk.

Kalie, on the other hand, did away with low-fat and non-fat milk because she couldn't find local, grass-fed milk in her area. She now uses pasteurized, non-homogenized whole milk (from 100% grass-fed cows) because it's the least processed milk that's regularly available at the local supermarket (Organic Valley is her "big brand" milk of choice).

A healthy diet is all about balance, so if you're including other healthy fats, such as avocados and almonds into your daily diet, you'll want to take this amount into consideration when it comes to your milk consumption. This may mean cutting back slightly to stay within the recommended daily amount.

Some of our favorite Fullfood cheeses for you to try:

- Blue
- Brie
- Cheddar
- Colby
- Goat
- Gorgonzola
- Gouda
- Gruyere
- Mozzarella
- Swiss
- Parmesan



SOME THINGS TO LOOK FOR WHEN CHECKING EGG AND DAIRY LABELS AND INGREDIENTS

- **Dairy:** rBST- and rBGH-free dairy products. This means the product hasn't been supplemented with particular hormones.
- **Milk:** Unsweetened milk products
Ingredients: Grade A milk
- **Yogurt:** Unsweetened yogurt products
Ingredients: milk and live active cultures

- **Cheese:** Natural cheese
Basic ingredients: milk, bacteria (such as *lactococci*, *lactobacilli* or *streptococci*), salt and a starter culture (such as rennet)
- **Cottage cheese:** Unsweetened cottage cheese
Ingredients: milk, cream, salt, enzymes and active cultures
- **Cream cheese:** Unsweetened cream cheese
Ingredients: milk, cream, salt, enzymes and active cultures
- **Eggs:** Preferably local eggs from pasture-raised, hormone-free chickens
 - Choose pasture-raised eggs whenever possible.
 - Be wary of free-range eggs. This means the hens may only have access to 2 whopping feet of outdoor space. Better than some eggs, but not awesome!
 - Avoid cage-free eggs. The hens have no outdoor access.

WHERE TO FIND YOUR EGGS AND DAIRY

- Locally produced pasture-raised eggs and dairy are recommended when possible. You can often find them at local farms and farmers markets. When Kalie lived in Washington she actually found her egg resource from a small family farm that listed their eggs for sale on Facebook Marketplace.
- Food co-op's typically have a wide selection of local and organic foods for you to choose from.
- When you can't buy local, check the labels and look into organic products.
- Whole Foods and Trader Joe's are great resources for organic products.



NON-DAIRY MILK (ALMOND, HEMP, PEA, CASHEW, RICE, HAZELNUT, WALNUT, OAT AND COCONUT MILK)

While non-dairy milk sounds like a healthy alternative, many are highly processed and contain an array of added ingredients. Be sure to check the ingredients listed. Look for dairy substitutes with basic ingredients such as water, nuts (such as almonds) and sea salt. Disappointingly, almost none of the manufacturers we found listed the percentage of nuts used.



- Coconut milk: Choose coconut milk made with basic ingredients such as coconut milk and water.
 - If using canned coconut milk, look for additive-free coconut milk in BPA-free cans.
- Other non-dairy milk: Choose *unsweetened* and *unflavored* non-dairy milk.
 - Look for non-GMO and carrageenan-free products.
 - Elmhurst Milked is one of the few brands that has all the criteria to be considered 100% FfL-friendly.
 - Unsweetened almond milk
 - Unsweetened hazelnut milk
 - Elmhurst Milked variety pack: almond, hazelnut, cashew and walnut

SUBSTITUTIONS THAT ARE CONSIDERED FULLFOODS

- Use milk in your coffee rather than half-and-half or highly processed creamers.
- Rather than using mayonnaise or sour cream in recipes, use plain Greek yogurt. It's lower in calories and fat, and higher in protein. Plus, just about all store-bought mayo's are made with refined oils (like canola oil) even if it says something catchy on the label like "made with olive oil."
- If you're looking for a vegan alternative to eggs when baking, make a paste by mixing chia seeds and water.

FULLFOOD FACTS & FUN

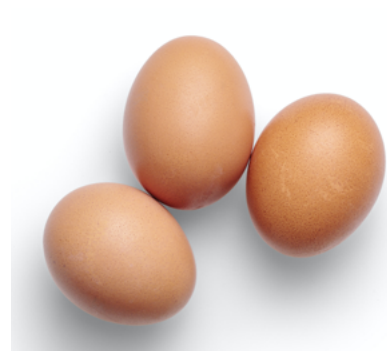
- ✓ Substitute mayonnaise and sour cream with plain Greek yogurt. We do this when cooking and in all our homemade dips.

We substitute mayo and sour cream with Greek yogurt in various recipes. For months we did this without anyone in our family noticing a difference in taste. One evening when we served quesadillas, rather than scooping the yogurt into a fancy bowl, we put out a cup of plain yogurt. We initially received resistance from our family until we told them we'd been including Greek yogurt as a topping and in recipes for months without them noticing any difference in taste. Now, even they grab it instead!

- ✓ Another reason to look for and use local chicken and eggs versus ones from big companies: The FDA allows companies to state they have "free-range" chickens and/or eggs when, in fact, all that this means is the chicken has some sort of access to the outdoors, even if that access is just a puny 2-foot pen. The FDA doesn't regulate the amount of time the animal spends in this space, if any. When you buy local, you often have the opportunity to talk to the farmer or someone who is familiar with the lifestyle of the animal.

TIPS AND PREPARATION

- When cooking eggs, use a minimal amount of butter or oil. Refer to the Healthy Fats, Butters and Oils section for an approved list.
- Poaching is a delicious and healthy way to cook your eggs. In fact. It's one of our favorite ways to eat eggs... YUM!
 - If you're poaching eggs for a crowd, opt for the simple, foolproof method—[Oven Poached Eggs](#). These perfect poached eggs are baked in the oven in a muffin tin.
 - Cooking for one and don't want fire up the oven? Try the [traditional method](#) and poach them on the stovetop.
- Not a fan of plain yogurt? For some added flavor, add fresh fruit, a teaspoon of honey, a teaspoon of pure maple syrup or pure vanilla extract. You can save drastically on sugar intake by flavoring your own plain yogurt. Many flavored yogurts contain as much sugar as soda or a cookie. We save our sugar intake for an actual dessert!
- Buy block cheese and freeze it. This saves immensely! We buy almost all of our cheese in bulk, break them down into smaller portions, put them in freezer-friendly bags or containers and store them for later use. This is especially cost-effective when expensive foods, such as organic cheese, go on sale. In addition to cutting costs, having a stash of options in the freezer can be a life-saver throughout the week.



TIPS WHEN EATING OUT

- Avoid ordering breaded or fried foods.
- Poached eggs are a delicious and healthy alternative.

Some egg-cellent Full food recipes using eggs and dairy:

Recipes

[Egg Foo Young Casserole](#)

[The Ultimate BLT Sandwich \(Bacon, Lettuce, Tomato + Mayo-Free\)](#)

[Huevos Rancheros Casserole](#)

[Easy Southwest Eggs Benedict with Avocado Hollandaise](#)

[Crispy Garlic Sweet Potato Fries \(+ Creamy Avocado Aioli\)](#)

[The Best Broccoli Salad Around \(Mayo-Free\)](#)

[How to Make Authentic Greek Tzatziki Sauce](#)



PUT IT INTO ACTION

- ❑ Replace any existing processed cheese you have with cheese that has basic ingredients such as milk, bacteria (such as *lacotococci*, *lactobacilli* or *streptococci*), salt and a starter culture (such as rennet).
- ❑ If possible, start purchasing local eggs; look for eggs from chickens free of growth hormones that are pasture-raised. Notice the different sizes of local eggs and the darker colored yolks compared to the almost exact symmetry and color of store-bought eggs.
- ❑ Consider purchasing and using plain Greek yogurt instead of mayonnaise and sour cream.
- ❑ If you use half-and-half, highly processed or artificially flavored creamers, replace them with milk. This may take a while to get used to, but it is worth making the change.



TAKE INVENTORY

Eliminate any “no-no” cheese products. Especially take notice to ones listed as pasteurized process cheese food, pasteurized process cheese spread or pasteurized process cheese product.