

# Cow Dairy-Free Diet



## Why are you going dairy-free:

Cow dairy contains a protein called 'A1 Casein' which can cause inflammation and damages the gastrointestinal lining. Most people are familiar with the term 'lactose intolerance', this is when the body is unable to break down the lactose present in cow's milk. This is a completely different concern to the inflammatory effects A1- casein has on women with menstrual imbalances.

## Possible symptoms you are experiencing:

- Weight gain    - acne flare up    -eczema    -asthma    -digestive problems

## Things to consider when reducing cow's milk intake:

Cow's milk contains high levels of both calcium and protein, however there are many other dietary sources that you can consume to achieve the daily intake of both of these nutrients.

**Calcium:** Calcium is required for bone health (prevention of osteoporosis), as well as, muscle function, enzyme regulation, nutrient transport and insulin secretion.

Include	Amount	Calcium Content
<b>CALCIUM</b>		
• Sardines	• 5 whole	• 286mg
• Salmon (tinned)	• ½ cup with bones	• 220mg
• Kale	• 2 cups raw	• 188mg
• Blackstrap Molasses	• 1 tbsp	• 172mg
• Prawns	• 1 cup	• 132mg
• Mussels	• 6 whole	• 120mg
• Dried Figs	• 3 individual pieces	• 108mg
• Tofu	• 80g	• 96mg
• Sesame seeds	• 1 tbsp	• 88mg
• Bok Choy	• 1 cup	• 74mg
• Soy-beans, chickpeas or kidney beans	• ½ cup	• 70mg
• Almonds	• ¼ cup (equiv 20 nuts)	• 72mg
• Silverbeet or spinach (raw)	• ½ cup	• 70mg
• Tahini	• 20gm	• 64mg
• Cucumber Lebanese	• 100g	• 57mg
• Pumpkin- Queensland blue, baked	• 100g	• 48mg
• Dried Apricots	• 10 halves	• 42mg
• Oranges	• 1 whole	• 35mg
• Broccoli	• 1 cup	• 25mg
• Zucchini	• 100g	• 25mg

**Protein:** Protein is made up of multiple different types of amino acids. Some are naturally produced by our bodies and are not required through dietary intake. However, essential amino acids are required through dietary intake. To make sure you still receive your daily required intake of essential proteins eat a mixture of both plant and animal proteins.

Animal products contain all essential amino acids to make protein.

Not all plants (fruit, vegetables, legume, whole grains, nuts and seeds) do not contain all essential amino acids and therefore you are required to combine vegetarian sources of protein to ensure you receive all the necessary amino acid building blocks. Examples on next page.

Sources of 'Complete' plant based proteins	Vegetarian sources of animal proteins
<ul style="list-style-type: none"><li>✓ Soya beans &amp; products e.g. soya milk, tofu, tempeh</li><li>✓ Hemp</li><li>✓ Quinoa</li><li>✓ Amaranth</li><li>✓ Buckwheat</li><li>✓ Micro algae such as chlorella &amp; spirulina</li></ul>	<ul style="list-style-type: none"><li>✓ Free range eggs</li><li>✓ Dairy products</li><li>✓ Although these are good protein sources, dairy products can also be high in saturated fats and as animal proteins they are acid forming in the body. For optimal health, avoid relying on these and include complete &amp; combined plant proteins in your diet.</li></ul>
<b>Protein Combining to create a 'Complete' protein</b> Combine your proteins from any 2 of these 3 groups, examples are listed	

Whole Grains	Nuts & Seeds	Legumes
Brown rice Barley Corn Millet Oats Wholegrain pasta Wholegrain bread	Sunflower, sesame, hemp & pumpkin seeds Seed spouts Almonds Walnuts Cashew nuts Nut butters	Chickpeas Lentils Peas Black eye beans Kidney beans Bean sprouts
Examples of complete protein combination examples		Remember!
<ul style="list-style-type: none"><li>✓ Beans on wholegrain toast</li><li>✓ Rice or millet with vegetable &amp; bean curry</li><li>✓ Chickpea humous on rye cracker</li><li>✓ Stir-fry or steamed veg with rice noodles &amp; cashew nuts</li></ul>		Although combining your plant proteins within a 48-hour period is sufficient for the body to put them together, if you combine within a meal, it is easier to remember and ensure protein quality, and you can increase protein usability by 30%. Many traditional food combinations, which have been staples in cultures with vegetarian diets, such as rice and lentils and bean & tortillas naturally combine all the essential amino acids
Each of the following servings provides at least 4 to 6 g of protein:		How much protein should I consume in a day?
<ul style="list-style-type: none"><li>✓ ½ cup cooked beans, peas or lentils</li><li>✓ ½ cup tofu or tempeh</li><li>✓ 2 tbsp nut butter</li><li>✓ ¼ cup nuts</li><li>✓ 2 tbsp tahini (sesame seed butter)</li></ul>		Aim for <u>at least</u> your own body weight in grams every day.  Eg: if a woman weighs 65kg, she should consume at least 65g of protein every day.

## Creamy mushroom sauce



2 cups sliced mushrooms  
1 brown onion  
1 garlic clove  
1 can coconut cream  
salt and pepper to season  
1/2 tsp nutmeg (optional)

Fry onion, add mushrooms and garlic, fry until tender. Add coconut cream milk and season.  
All done.

## Chocolate mousse

makes 4-6 serves  
300g silken tofu  
200g dark chocolate (Lindt 70%)  
1-3 tbsp maple syrup  
1 tsp vanilla extract  
pinch of salt  
optional- flavouring: zest of orange, min extract, cinnamon



melt chocolate, then blits all ingredients before the chocolate cools. place in fridge until cold.