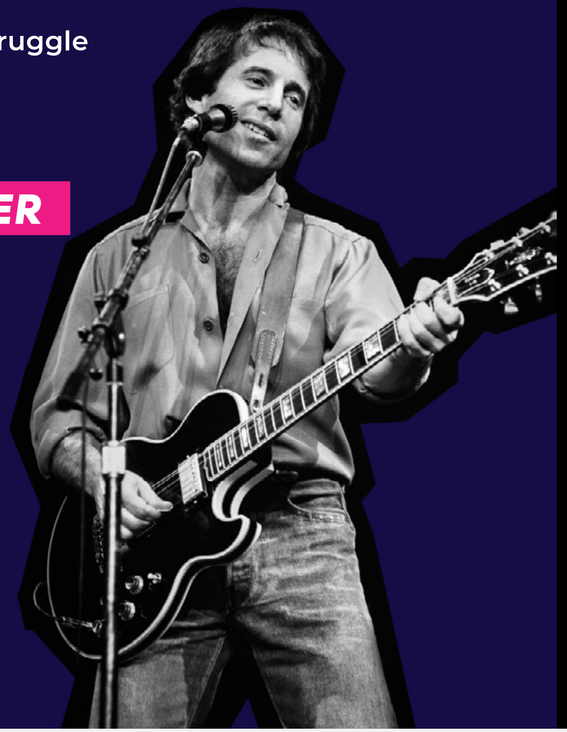
50 WAYS TO LEAVE THE UDDER

SWITCH4GOOD

SWITCH4GOOD

" 'The problem is all inside your head'
She said to me
The answer is easy if you
Take it logically
I'd like to help you in your struggle
To be free
There must be fifty ways..."

TO LEAVE THE UDDER



Much like the famous Paul Simon song, ***"50 WAYS TO LEAVE YOUR LOVER"*** there are a plethora of ways to ditch dairy products and leave the udder. This guide is a collection of our favorite ***RESOURCES, LIFESTYLE TIPS, VIDEOS, AND STUDIES*** to help you understand the effects of dairy products on human health, animal welfare, the environment, and our global climate.

For more information and tips on how to thrive with a dairy-free lifestyle, visit our website Switch4Good.org.

1. REDUCE AND REPLACE

THE STUFF YOU WON'T ACTUALLY MISS

Easy swap: Dairy Milk ➡ Non-Dairy Milk.

2. MAKE THE TRANSITION

TO A DAIRY-FREE LIFESTYLE GRADUALLY

Week 1: Buy oat milk

Week 2: Find non-dairy creamer you love

Week 3: No cheese in the house, but eating out is okay

And so on until you're completely dairy-free.

3. LEARN ABOUT DAIRY-FREE OPTIONS

AT RESTAURANTS AHEAD OF TIME

A quick look at a restaurant's menu online (or on social media) will make the decision easy when you get to the table.

4. EXPERIMENT

WITH PLANT-MILK IN YOUR RECIPES

Use oat milk in your oats, coconut milk for baking, soy milk for cream soups, etc.

BEST USES FOR DAIRY-FREE MILKS

	Drinking	Cold Applications*	Hot Applications**	Frothing***
Soy	✓	✓	✓	✓
Almond	✓	✓		✓
Flax	✓	✓	✓	
Coconut	✓	✓		
Oat	✓	✓	✓	
Cashew	✓	✓		
Pea	✓	✓	✓	✓

5. TAKE OUR ONLINE LACTOSE INTOLERANCE TEST HERE

6. GET YOUR (HEALTHY) CALCIUM FROM PLANTS

Dark leafy greens, bok choy, beans, and tahini are packed with it.

7. LEARN ABOUT THE ADDICTIVE CASOMORPHINS IN DAIRY

Listen to the Switch4Good podcast episode with Dr. Neal Barnard.

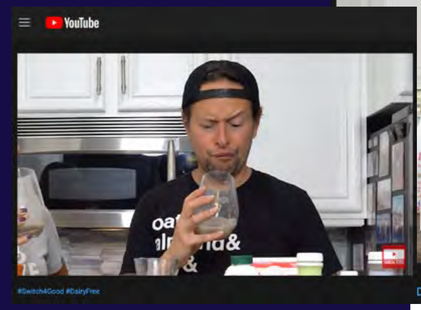
8. USE THE "SECRET WEAPON" NUTRITIONAL YEAST FOR A CHEESY FLAVOR

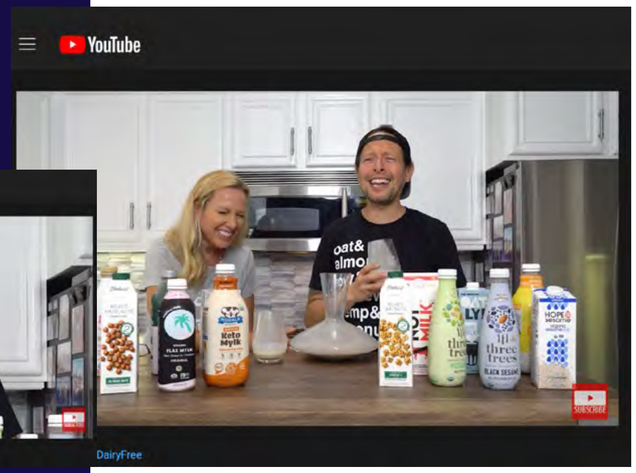
Roasted or steamed vegetables, pasta, popcorn, pizza, salad ... you name it, this stuff is good on everything.

9. CHECK FOOD LABELS THOROUGHLY

Look for whey, dairy, milk, milk solids, lactose, milk fat, butter, ghee, kefir, casein ... dairy goes by many names.

10. WATCH THIS VIDEO!





11. EXPLORE NEW PLANT-BASED OPTIONS

Dairy-free ice cream? Yes, please. Gotta love that NadaMoo!

12. TRY EXCITING NEW DAIRY-FREE RECIPES

HERE'S A FEW TO GET YOU STARTED:

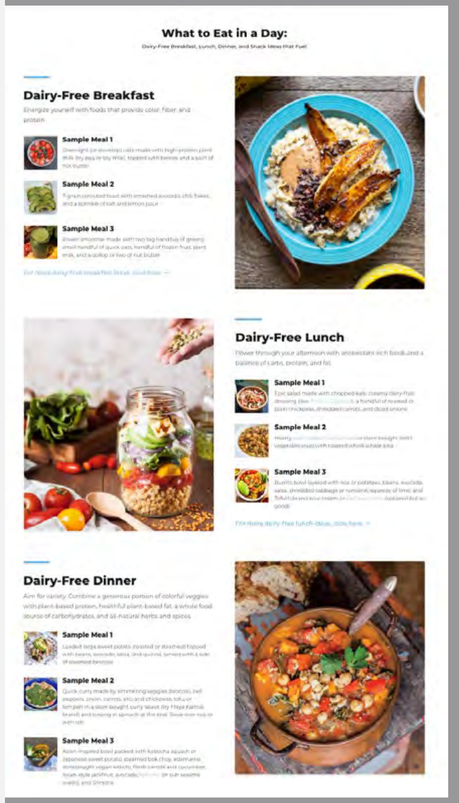
Easy Dairy-Free Cheese Sauce

Colorful Fiesta Salad Bowl

Chocolate Pretzel Pie

13. EXPLORE OUR FAVORITE DAIRY-FREE COOKBOOKS

Start with our top 10 must-haves.



What to Eat in a Day:

Dairy-Free Breakfast, Lunch, Dinner, and Snack Ideas that Fuel

Dairy-Free Breakfast

Energize yourself with foods that provide color, fiber and protein.

Sample Meal 1

Sample Meal 2

Sample Meal 3

Dairy-Free Lunch

Sample Meal 1

Sample Meal 2

Sample Meal 3

Dairy-Free Dinner

Aim for variety. Combine a generous portion of colorful veggies with plant-based protein, healthful plant-based fat, a whole food source of carbohydrates, and all-natural herbs and spices.

Sample Meal 1

Sample Meal 2

Sample Meal 3

14. ASK FOR HELP

FROM SUPPORTIVE PEOPLE

Need a buddy? We got you! Email us at info@switch4good.org to be matched up with a mentor.

15. CONNECT

WITH POSITIVE ONLINE COMMUNITIES

Our Switch4Good Podcast Chat Facebook Group is always a fun time.

16. EAT A WIDER VARIETY OF FOODS

Ever had tahini? Babaganoush? Ethiopian food? Life-changing.

17. FIGURE OUT

WHAT YOU'RE GOING TO EAT BEFORE MEALTIME

You don't have to meal prep, just have options on hand. Check out our meal planner for easy, throw-together options.

18. IDENTIFY

POTENTIAL LANDMINES OR TEMPTATIONS

If you just know you're going to want the cream cheese muffin if you walk into a certain coffee shop, opt for a different spot. They serve coffee everywhere.

Ethiopian spread—naturally dairy-free!

19. BUY SNACKS AND CONVENIENCE FOODS
AS A "BACK UP" PLAN

Nothing wrong with some Kite Hill packaged ravioli now and then!

20. WATCH THIS VIDEO!

"Dairy is scary" with Erin Janus

21. PLAN AHEAD
FOR LONG TRIPS AND TRAVELING

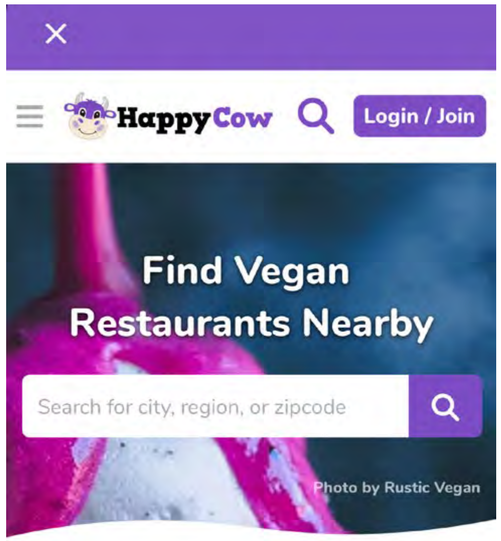
Download the HappyCow app. It's essentially plant-based Yelp. It will save you, and the app is free.

22. REMEMBER

That having "just a little" may bring back the cravings.

23. KEEP A FOOD JOURNAL

to track your feelings and emotions.



Vegan Food Near Me

24. GOOGLE SEARCH

"SOMATIC CELL COUNT" AND "MASTITIS IN COWS"

We advise not while eating. It's gross.

25. FIND OUT

"IS THERE PUS IN MY MILK?"

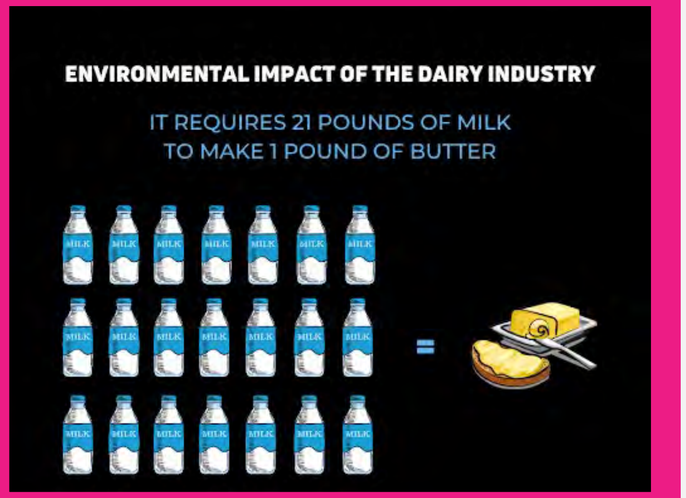
Yes ... but only a small amount ... if that makes a difference?

26. LEARN

ABOUT DAIRY PRODUCTS' EFFECT ON THE GLOBAL ENVIRONMENT

It's not good. **Read here**.

Pro Athletes Fight Climate Change with Diet Change: **Watch here**.



27. EDUCATE YOURSELF

ABOUT WHY DAIRY IS RACIST

Watch Dr. Mills' crash course on dietary racism **here**.

28. FIND OUT

HOW MAMMALIAN ESTROGEN (NOT SOY) CAN INCREASE ONE'S RISK FOR BREAST CANCER

Here's the **synopsis** of the study.

29. DISCOVER

THE SHOCKING BUSINESS OF GOVERNMENT DAIRY SUBSIDIES

Your tax dollars are going where?! Read more here.

30. WATCH THIS VIDEO!

Uploaded by the New York Post.

31. LEARN

ABOUT THE LINK BETWEEN DAIRY CONSUMPTION AND HORMONAL CANCERS

We've got the science here.

32. REALIZE

HOW DAIRY COMPROMISES YOUR IMMUNE SYSTEM

During a global pandemic, definitely not good. This article explains how to optimize your immune system (and how dairy doesn't).

33. FIND OUT

HOW DAIRY PLAYS A ROLE IN WEIGHT GAIN AND OBESITY

74% of adults are overweight, that includes nearly 43% that are obese! Blame the high trans and saturated fat content of dairy—especially cheese.

34. MAKE IT BETTER
WITH NON-DAIRY BUTTER

Butter options: Forager, Miyoko's, Earth Balance, Melt, Flora, Country Crock Plant-Based, etc.

35. WATCH
THE "COWSPIRACY" DOCUMENTARY

36. VISIT
A LOCAL FARM ANIMAL SANCTUARY

Meet a rescued cow in person.

37. DISCOVER
YOUR FAVORITE NEW DAIRY-FREE CREAMER

Just a few of our go-tos: Silk Soy Vanilla, Sown oat milk creamer, Ripple Half & Half.

38. FALL IN LOVE
WITH PLANT-BASED CHEESE

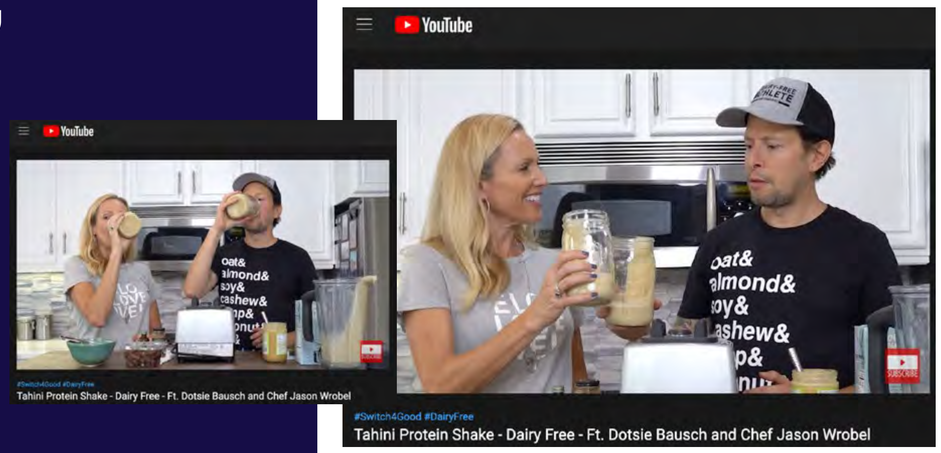
If you haven't tried a gourmet cheese wheel from Miyoko's Creamery, you need to. You won't give dairy cheese a thought after a bite of the Smoked English Farmhouse or Garlic Chive.

39. THINK ABOUT WHAT YOU'RE GAINING

NOT GIVING UP

There's a whole lot of variety in the plant-based world. You're not losing anything!

40. WATCH THIS VIDEO!



41. KEEP A DAILY/WEEKLY FOOD JOURNAL

TO TRACK YOUR PHYSICAL AND EMOTIONAL CHANGES

42. LOOK AT THIS ADORABLE CALF

(Awww!)

43. THINK

OF HOW MUCH LESS BLOATED YOU'LL FEEL AFTER DITCHING DAIRY

44. REWARD YOURSELF

WITH OCCASIONAL DAIRY-FREE DESSERTS AND TREATS

All scrumptious store-bought options: Maxine's Heavenly cookies, Daiya cheesecake, Ben & Jerry's Non-Dairy, Whole Foods vegan brownies, Better Bites Cookie dough bites, Trader Joe's Joe-Joe's Cookies, etc.

45. ORDER NON-DAIRY MILK

IN YOUR TAKE-OUT COFFEE AND ESPRESSO BEVERAGES

So many options! Starbucks carries soy, almond, oat, and coconut!

46. EAT FOODS RICH IN UMAMI FLAVOR

Mushrooms and miso provide that funky flavor without the dairy.

47. REALIZE

YOU ACTUALLY DON'T NEED MILK TO GET ENOUGH PROTEIN

The average person only needs about 0.8 grams of protein per kilogram of body weight. Athletes need between 1 to 1.2 grams of protein per kilogram of body weight.

PLANT-BASED PROTEIN SOURCES:

Black beans, lentils, chickpeas, soybeans, peas, quinoa, seeds, tofu, tempeh, grains, vegetables, and fruits.

48. ASK A FRIEND OR FAMILY MEMBER

TO TRY GOING DAIRY-FREE WITH YOU

The buddy system is a powerful tool!

49. EXPERIMENT

WITH SOME NEW DAIRY-FREE SNACKS AND QUICK MEAL OPTIONS

- A cup of vanilla- or lemon-flavored dairy-free yogurt with a scoop of fresh fruit salad
- Half of a whole-grain pita pocket filled with hummus, grated carrots, and thinly sliced cucumber rounds
- Several whole-grain crackers smeared with peanut butter, and several fresh orange wedges
- A bowl of whole-grain breakfast cereal with almond milk (plain or vanilla-flavored)
- A bagel half topped with melted non-dairy cheese, a tomato slice, and a few twists of freshly cracked black pepper
- A handful of tortilla chips with your favorite salsa
- Peach slices topped with granola and a dollop of soy yogurt
- Bell pepper, celery, and carrot slices with black bean dip
- A cup of tomato basil soup with a few breadsticks
- A few pieces of bruschetta and a small bunch of grapes

50. LISTEN TO THE SWITCH4GOOD PODCAST!

Thanks for reading and empowering yourself to Make the Switch. For more resources, dairy-free recipes, research studies, our podcast, and powerful content to help you rattle the accepted norms around dairy and health, abolish the current system of dietary racial oppression, and take steps toward positive solutions for climate change, visit our website www.Switch4Good.org. Discover how you can make a huge difference in your personal health, physical performance, and the world we share with all beings!

SWITCH4GOOD