

CARNIVORE DIET DAIRY GUIDE

Optimal choices for animal-based nutrition

CATEGORY	RECOMMENDED OPTIONS	SELECTION TIP
Fats	Ghee, Grass-fed Butter, Suet	BEST Zero lactose/casein
Hard Cheese	Parmesan, Aged Cheddar, Manchego	BEST Low lactose content
Soft Cheese	Brie, Camembert, Goat Cheese	MODERATION Higher moisture
Liquid Dairy	Heavy Cream (40%+), Raw Milk	LIMIT Insulinogenic
Cultured	Greek Yogurt (Plain), Kefir	LIMIT Check for additives

Note: Prioritize raw, A2, and grass-fed sources when possible. Eliminate dairy if experiencing inflammation or stalled weight loss.