

Dairy

- Best – Raw non homogenized milk and cheese from grass fed cows.
- *There is a risk of Pathogens in any Raw Dairy, If Pregnant or nursing I would choose from below.*
- Better – Pasteurized non homogenized whole milk and cheese
- Good – Pasteurized, homogenized whole milk from grass fed cows
- If you cannot get milk from grass fed cows than I would recommend alternatives like coconut and almond milk.