

The Dairy-Free Protein Plan

For anyone whose stomach turned on dairy and whose protein target quietly slipped afterwards. Every line below restates a claim verified against Tier-1 medical sources. Nothing here is invented, and nothing is for sale.

✓ CHECKED AGAINST NIDDK (NIH) · CLEVELAND CLINIC · HARVARD HEALTH PUBLISHING

1

You may not need to quit dairy

Most people with lactose intolerance can consume some amount of lactose without symptoms, and different people tolerate different amounts. (NIDDK)

2

Dairy-free costs you nutrients

Dropping milk products can leave you short on calcium and vitamin D, which matters for bone strength. (NIDDK)

3

Plant powders can carry it

Protein powders usually combine hemp, pea and rice protein, which together carry higher percentages of the amino acids you need. (Cleveland Clinic)

1. Find your real lactose threshold before you buy anything

The cheapest move on this page, and most people skip it.

WHY THIS WORKS

NIDDK states that most people with lactose intolerance can consume some amount of lactose without symptoms and that different people tolerate different amounts. Symptoms typically show up 30 minutes to 2 hours after a lactose-containing food, which makes the test easy to run on yourself.

DO THIS WEEK

- ☐ Track what you ate and when symptoms started, for one week
- ☐ Test small amounts with a meal rather than on an empty stomach
- ☐ If symptoms are severe or include blood or weight loss, see a doctor instead of experimenting

SOURCE: NIDDK, NATIONAL INSTITUTES OF HEALTH

2. Cover the calcium and vitamin D you just gave up

The part nobody selling protein powder mentions.

WHY THIS WORKS

NIDDK notes milk and milk products are among the main sources of calcium and vitamin D, and that lactose intolerance may affect your health if it keeps you from getting enough. Protein powder does not fix a calcium gap.

DO THIS WEEK

- ☐ Choose fortified plant milks and check the calcium line on the panel
- ☐ Add canned sardines, tofu set with calcium, kale, or fortified cereals
- ☐ Ask your doctor whether vitamin D testing makes sense for you

SOURCE: NIDDK, NATIONAL INSTITUTES OF HEALTH

3. Match the powder to the reason you are dairy-free

Different reasons point at different tubs.

WHY THIS WORKS

Cleveland Clinic advises people with lactose intolerance to choose powders without lactose sugars, artificial sweeteners, or dextrins, and tells anyone eating vegetarian or vegan to skip milk-based powders in favour of 100 percent plant proteins such as soy, pea, or hemp. Pea protein is highly

DO THIS WEEK

- ☐ Read the source line on the back, not the claim on the front
- ☐ Prefer a named pea and rice blend over a vague plant blend
- ☐ Skip powders whose first three ingredients include sugar

digestible and hypoallergenic; brown rice protein is a good choice for people who do not consume dairy.

SOURCE: CLEVELAND CLINIC

4. Know the trade you are making, in plain words

Worth stating, because the label will not.

WHY THIS WORKS

Cleveland Clinic notes whey and whey isolates have a high biological value and are the best options when muscle growth is the goal. If dairy is genuinely off the table for you, a certified plant blend is the sound choice, but it is a choice with a trade behind it rather than a free upgrade.

SOURCE: CLEVELAND CLINIC

DO THIS WEEK

- ☐ If your gut tolerates some dairy and muscle is the goal, whey is still worth considering
- ☐ If dairy is out, take the plant blend and keep total daily protein steady
- ☐ Judge any switch over four weeks, not four days

5. Put most of the protein on your plate, not in the shaker

The scoop is for the gap, not for the meal.

WHY THIS WORKS

Cleveland Clinic notes shakes generally contain fewer nutrients than whole foods, that a wide variety of legumes, lentils, nuts, seeds and whole grains supplies the complete protein you need across a day, and that spacing protein through the day matters because only about 25 to 40 grams is used per sitting. Harvard Health reports muscle loss runs roughly 3 to 5 percent per decade after 30, which is why the daily total matters more than any single scoop.

SOURCE: CLEVELAND CLINIC · HARVARD HEALTH PUBLISHING

DO THIS WEEK

- ☐ Cooked lentils bring 17 g per cup, chickpeas 16 g, edamame 17 g
- ☐ Aim for at least 20 g of protein per meal
- ☐ Use the powder only on days the food did not get you there

EVERY CLAIM ABOVE, TRACED TO ITS SOURCE

NIDDK, Definition and Facts for Lactose Intolerance · <https://www.niddk.nih.gov/health-information/digestive-diseases/lactose-intolerance/definition-facts>

NIDDK, Lactose Intolerance · <https://www.niddk.nih.gov/health-information/digestive-diseases/lactose-intolerance>

Cleveland Clinic, How to Choose the Best Protein Powder for You · <https://health.clevelandclinic.org/7-tips-choosing-best-protein-powder>

Cleveland Clinic, What Are Complete Proteins? · <https://health.clevelandclinic.org/do-i-need-to-worry-about-eating-complete-proteins>

Harvard Health Publishing, A Guide to Combatting Sarcopenia · <https://www.health.harvard.edu/healthy-aging-and-longevity/a-guide-to-combatting-sarcopenia-and-preserving-muscle-mass-as-you-get-older>

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