

Meat & Milk in a Healthy Diet

Future Farmers of Yorkshire

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Challenges with meat & dairy

- Lactose intolerance
- Dairy intolerance / allergy: recent or from childhood
 - Whey
 - Casein
- Taste & texture
- Digestive issues
 - Bloating & indigestion
 - Bowel problems
- Animal welfare
 - Antibiotic residues
 - Hormone residues
 - Confusing certifications for welfare



Nutrients

- **Vitamin B12**
 - Unique to animal products
 - Vital for mental health, heart health, nerve cells, red blood cells, iron function
 - Meat & fish excellent sources of all B-vitamins except folate
- **Iron**
 - Haem iron much better absorbed than non-haem
- **Zinc**
 - Found in many plant foods but often bound by phytic acid
- **Vitamin D**
 - Milk, liver, egg yolk & fish provide some
- **COQ10**
 - Organ meats

Dairy Alternatives

- **Protein**

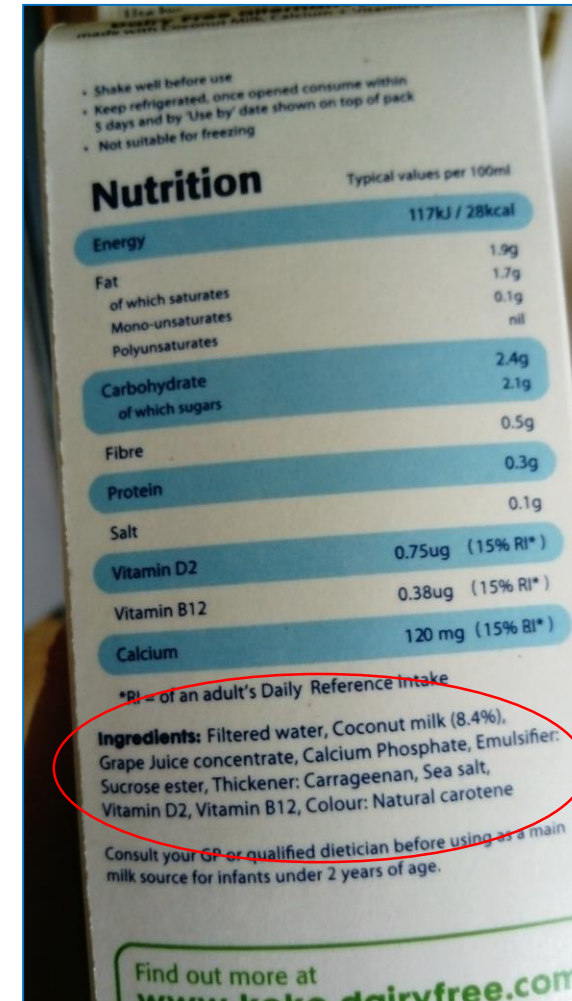
- Almond & coconut milk – 0.3g-0.4g / 100ml
- Soya – 3g / 100ml
- Semi skimmed cows milk – 3.6g / 100ml

- **Calcium**

- 124mg / 100ml in cows milk
- 120mg in plant based milks: calcium phosphate

- **Thickeners & sweeteners**

- **A2 milk often a good option**



Concerns with vegetarianism & veganism

- Protein intake – especially for women
- Iron absorption
 - Ferritin
- Omega-3 intake – oily fish
- Lack of familiarity with vegetables, nuts, seeds, and pulses
- Higher intake of refined carbohydrates & processed vegan ‘alternatives’

NHS cardiologist says mother’s vegetarian diet contributed to ‘premature and painful death’

Dr Aseem Malhotra said his mother Anisha, a former GP, died at the age of 68 due to a meat-free regime lacking in nutrients and protein.



Thank You