

DAIRY	
Yes (A2)	No (A1)
(1 oz. cheese OR 4 oz. yogurt/day)	Non-Southern European Cow's Milk Products
Buffalo butter	Butter
Cow butter (A2 from France, Italy or Switzerland)	Cheese
Cow milk (A2 only: creamer_cooking; not for drinking)	Cottage cheese
Cow ricotta	Yogurt (including Greek)
Cow yogurt (A2, only unsweetened)	
Cream cheese (Organic)	
Ghee Goat Butter	
Goat cheese	
Goat milk (not for drinking, may use as a creamer or cookin)	
Goat yogurt (unsweetened)	
Goat/sheep kefir	
Heavy cream (Organic)	
Sheep cheese	
Sheep yogurt (unsweetened)	
Sour Cream (Organic)	
Whey protein powder	
Any Whey cheese: <ul style="list-style-type: none"> • Anari cheese, from Cyprus • Anthotyros, from Greece • Breuil, from the Basque region • Brocciu, from Corsica • Brousse (cheese), from Provence, France • Brunost, from Norway • Gailtaler Almschotten, from Carinthia, Austria • Greuilh, from the Nouvelle-Aquitaine region of France • Lor, from Turkey • Manouri, from Greece • Mato, from Spain • Mizithra, from Greece • Primost, from Norway • Recuite, from France • Requejao, from Portugal • Ricotta, from Italy • Regouta, from Tunisia • Schotteziger, from Switzerland • Serac, from the French and Valais Alps • Urda, from Romania • Xynotyro, from Greece 	