



# THE COMPLETE BULLETPROOF GUIDE TO DAIRY

## ORGANIC GRASS-FED BUTTER



Grass-fed butter is high in fat-soluble vitamins, antioxidants, healthy fats, and vitamins A, E, D, and K, but its true superpower is a compound called butyrate.

## NON-ORGANIC, GRASS-FED BUTTER AND GHEE



If it's difficult or cost-prohibitive to find dairy meeting all the Bulletproof criteria, it's OK to prioritize finding grass-fed options over organic. Just keep in mind that non-organic grass-fed dairy may contain more pesticides, herbicides, and other toxins.

## ORGANIC, GRASS-FED, FULL-FAT RAW YOGURT



Some organic, grass-fed, full-fat raw yogurts or kefir meet the Bulletproof criteria, but many do more harm than good. Common probiotics in store-bought yogurts, *Lactobacillus casei*, *Lactobacillus reuteri*, and *Lactobacillus bulgaricus*, actually raise your histamine levels.

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SUSPECT

## ORGANIC GRASS-FED GHEE



Ghee is pure butterfat, and has all the same benefits of butter, without the casein (milk protein) and lactose (milk sugar) that can be irritating to some people. Many people who are lactose intolerant have no negative reaction to ghee.

## ORGANIC, GRASS-FED CREAM



Cream is an excellent source of dairy fats, and a delicious treat. Whip up cream to use as a dessert, but avoid using it in coffee, where the heat can cause inflammatory denatured proteins.

## COLOSTRUM



Colostrum is the first nutrient-dense pre-milk produced by a mama cow after giving birth. This highly-bioavailable "liquid gold" is rich in antibodies, probiotics and growth factors to boost your performance.

## ORGANIC, GRASS-FED, FULL-FAT RAW MILK



Some people have no trouble digesting raw milk and cream. If it works for you, enjoy it! As with other dairy, opt for full-fat, grass-fed, organic milk to reap the anti-inflammatory benefits of omega-3s and CLA.

## NON-ORGANIC, GRASS-FED CREAM



If it's difficult or cost-prohibitive to find dairy meeting all the Bulletproof criteria, it's OK to prioritize finding grass-fed options over organic.

## GRAIN-FED BUTTER



Grain-fed dairy is higher in inflammatory omega-6s and toxins from grain feed, and generally lower in nutrients.

## SKIM AND LOW-FAT MILK



Life's just too short for low-fat dairy. Without its natural fats, milk is pretty much fortified sugar water.

## PASTEURIZED, NON-ORGANIC MILK AND YOGURT



Limit your exposure to inflammatory denatured proteins and oxidized fats by avoiding milks or yogurt subjected to high pasteurization heats.

## CHEESE



The mold toxins and denatured proteins in cheese make it a highly inflammatory food, and inflammation leads to weight gain, brain fog, and chronic disease.

## FAKE DAIRY PRODUCTS



Steer clear of flavored coffee creamer, cheese sauce, American cheese, and dairy replacers.

## POWDERED MILK



Powdered milk is made by spraying conventional milk into a high heat chamber to evaporate out the water. It's got all the risk of the factory-farmed, pasteurized milk it's made from, plus inflammatory oxidized fats created in the process.

## CONDENSED MILK



Condensed milk is thickened by evaporating out much of its water, then dumping in sugar. It's often blended up with preservatives and colorings before being sealed up in a BPA-lined can.

## ICE CREAM



The conventional ice cream aisle is a minefield of artificial flavors, bad fats, high fructose corn syrup, and unpronounceable ingredients.

Other than butter and ghee (the only dairy products with little to no protein), the only dairy the Bulletproof Diet recommends is full-fat, organic, raw milk, cream, kefir, and yogurt from grass-fed cows. Dairy proteins impact some people more than others, and if you find you tolerate them, these can be a great addition to your diet.

If you plan to include dairy in your Bulletproof Diet, here's a quick list of criteria to follow:

**Grass-fed, organic dairy • Raw, unpasteurized dairy • Full-fat dairy**



# DIET COOKING ROADMAP METHODS

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## RAW OR NOT COOKED



Protect proteins and fats by avoiding high-heat exposure. Prepare small-scale, pastured organic meats and high-quality seafood as carpaccio or sushi. Some veggies have anti-nutrients that you can neutralize with a quick steam.

## STEAMED AL DENTE



Steaming meat and vegetables preserves their proteins, fats, and micronutrients- not to mention, the end result is delicious!

## LIGHTLY GRILLED



Grilling meat is quick, tasty, and doesn't form the level of dangerous compounds caused by charring meat. Aim for rare to medium rare with a lightly browned color.

## BROILED



High temperatures and broiling go hand-in-hand. The end result is oxidized fats, denatured proteins, compromised nutrients, and kryptonite compounds like glutamate, HCA, and PAH.

## DEEP FRIED



Deep frying relies on heating fats at a very high heat. This method destroys perfectly healthy ingredients by denaturing proteins and oxidizing fats- not to mention, part of the damaged cooking fat sticks to the food.

## BAKED AT OR BELOW 320°



Take a mindful approach to baking. Open air provides oxygen which could lead to oxidation of your food if the temperature is too high for too long.

## SIMMER



Simmer meat and veggies for a short time for better quality and flavor. Water keeps fats from oxidizing, however, this isn't a green zone method due to light protein damage.

## SOUS VIDE



Vacuum-seal your food in plastic bags or a Mason jar, then float them in a water bath until your food reaches the desired temperature. Keep in mind, there is concern that plastic compounds, like BPA, may seep into food. There's also not much research regarding the degradation of food cooked at 160 degrees for 10 hours.

## STIR FRIED



Stir frying requires searing food at an extra high heat in a pan or wok. The temperature is red zone high, but the cooking time is short enough to make this an orange method.

## MICROWAVED



The microwave uses radiation, which penetrates every cell in your meats and vegetables. The result is denatured proteins, oxidized fats, and a far-reaching blast of EMF exposure as soon as you press "start".

To get the most out of healthy foods, you have to cook them properly.

Here are the best and worst cooking methods for keeping healthy fats and proteins intact while minimizing hormone-disrupting and DNA damaging chemicals that lead to things like inflammation and cancer.

## PRESSURE COOKING



The pressure cooker keeps temps under 300 degrees, which keeps fats and proteins intact. It's also great for removing lectins and other anti-nutrients from vegetables. Watch for scorching on the bottom. Use antioxidant herbs in your recipes as much as possible.

## BOILED, POACHED



Cook your food in boiling water to protect fats from oxidation.

## SLOW COOKER



Your slow cooker will keep temperatures low, which preserves the integrity of fats and proteins. It breaks down protein in tougher cuts of meat, resulting in collagen that your body can more easily absorb. Use antioxidant herbs in your recipes to combat overcooking and glutamate.

## BARBECUED, BURNT, BLACKENED, CHARRED



Fat and fire just don't mix. Heat, smoke, and charcoal form HCAs and PAHs, plus most sauces have sugar and MSG. Grilling veggies damages their fatty cooking oils and breaks down beneficial proteins.

SUSPECT

KRYPTONITE ▼

If you're in the green to green-yellow zone the majority of the time, you can enjoy your favorite things cooked using caution zone methods every now and then.

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# THE COMPLETE BULLETPROOF GUIDE TO SPICES & FLAVORINGS

BULLETPROOF



## APPLE CIDER VINEGAR

ACV is the only vinegar recommended on the Bulletproof diet, as other vinegars can introduce toxins and promote yeast growth.



## CHOCOLATE

Dark or pure chocolate (85% and above) is packed with polyphenols and antioxidants, and can boost your HDL cholesterol. Just be sure to watch out for sugar and artificial sweeteners.



## CILANTRO

Related to parsley, cilantro is a great detoxifier, and helps cleanse the body of heavy metals, like mercury.



## GINGER

Ginger is a powerful anti-inflammatory, and great at combatting joint pain or sore throats. Powdered and whole ginger are both prone to molding, so buy fresh roots that you can use quickly.



## PARSLEY

Another great herb for detoxification, parsley draws out impurities like heavy metals as well. Just beware of parsley's oxalate content - crystals that can build up in the body.



## SEA SALT OR PINK SALT

Sea salt or pink rock salt from ancient sea beds in the Himalayas or Utah are loaded with beneficial minerals.



## VANILLA

Pure vanilla (not the common synthetic vanillin) is great at quelling free radicals and reducing inflammation, and is also known for calming stress, relieving nausea, and boosting brain power.



## LAVENDER

Lavender makes a great bedtime herb because its aroma has sedative effects. Try it in this detox elixir.



## OREGANO

Oregano is high in antioxidants, and helps balance yeast and microbes in your gut biome.

A little spice packs a lot of punch. Just a pinch of the right spices can add the perfect flavor to a meal, and provide a potent dose of health benefits and antioxidant function.

With some personal research and experimentation, you can determine which spices help you think, feel, and look better, and which might cause food cravings or brain fog. They're arranged below in order from the most beneficial to the most harmful.



## ROSEMARY

Rosemary possesses anti-inflammatory and anti-cancer properties. Add rosemary to marinades to keep the fat in meat from oxidizing at high heat.



## CINNAMON

Ceylon cinnamon helps you regulate your blood sugar and reduce insulin resistance, along with guarding against irritable bowel syndrome and stomach flu, while increasing memory and response times.



## PREPARED MUSTARD WITH NO ADDITIVES

Go for high-quality, organic mustard, and beware of additives like sugars, vegetable oils, artificial colors, and distilled vinegar (which is often grain-derived).



## MUSTARD SEED

Most seeds are suspect on the Bulletproof Diet, and mustard seed is no exception. Mustard contains an omega-9 fat called erucic acid that's linked to heart lesions in rats.



## THYME

Another good antioxidant, thyme also has antifungal effects, and helps protect fats from oxidation under heat.



## CLOVES

Cloves are extremely rich in antioxidants, including the flavonoids kaempferol and rhamnetin. The spice also protects against the inflammation that underlies heart disease, cancer, and the other chronic diseases.



## SAGE

Sage shows promise for its protective effect against inflammation-based neurological conditions like Alzheimer's, boosting memory and concentration and lessening anxiety.



## ONION

Onions can mess with your brain waves and negatively impact your ability to meditate, and are a nightshade, so can cause inflammation for some people. Plus, if you get them in any season except spring, they're likely moldy.



## TURMERIC

Turmeric has antioxidant, anti-inflammatory, antiviral, antibacterial, antifungal, and anticancer activities, and thus has potential against various diseases, diabetes, allergies, arthritis, Alzheimer's disease, and other chronic illnesses.



## EXTRACTS

Pure, organic, plant-based extracts such as vanilla, oregano, or mint are safe to use in small quantities, but make sure you know what you're buying. Watch out for artificial imitations.



## CAYENNE PEPPER

Cayenne contains a range of flavonoids and carotenoids - antioxidants that scavenge free radicals to protect against the cellular damage that leads to inflammation and disease. It is also almost as likely as black pepper to have high amounts of mold toxins in it, so quality matters when buying.



## TABLE SALT

Table salt often contains aluminum, undisclosed fillers, and toxic anti-caking agents, so it's best to opt for rock or sea salt instead.



## BLACK PEPPER

Black pepper tends to be especially high in mold toxins, particularly aflatoxin and ochratoxin A. If you insist on using pepper, a good pepper grinder with fresh, high-end black pepper is the only way to do it.



## PAPRIKA

Paprika often harbors toxic mold species. It contains lectins, proteins that bind to the sugars that coat the cells in your body and cause inflammation. Alkaloids can impact nerves, muscles, joints, and digestive function in some people.



## ADDITIVES

Beware of added sugars or high-glycemic sweeteners in spice blends or condiments. Check labels for kryptonite additives like sugars, milk solids, potato starch, corn starch, or MSG. Your safest bet is to make your own blends at home.



## MSG

MSG is one of the most common artificial flavorings added to processed foods. MSG messes with the way your neurotransmitters cause the nerves in your brain to fire. MSG is an excitatory neurotransmitter that sends signals from one cell to another. Consuming it can cause the cells it activates to become overexcited. This leads to cell damage and often cell death.



## GARLIC

While garlic feeds healthy gut bacteria and has antifungal effects, it also messes with brain waves and impacts mental function. Eat it when you're sick, instead of every day.



## MISO, TAMARI AND TOFU

Soy is almost always genetically modified to withstand insane amounts of glyphosate. Plus, they're full of histamines, making them a common allergen and source of inflammation even in small amounts.



## FAKE FOODS

Hydrolyzed glutens, textured protein, and enzyme modified products aren't products your body can recognize or use, and can be inflammatory or harmful.



## YEASTS

Yeast are fungi, and often carry with them a host of toxins. Depending on the strain, yeasts can also compete with the good guys in your gut biome, and encourage candida overgrowth in the body.



## NUTMEG

Nutmeg has an especially high risk of mold contamination and mycotoxins. Even without the mold, nutmeg makes its own toxins, and is best used sparingly.



## VINEGARS

Aside from apple cider vinegar, most vinegars contain significant amounts of mold toxins, yeast and fungal by-products that can rob your body of nutrients and limit your performance. Red wine vinegar, malt vinegar, and balsamic vinegar tend to be highest in anti-nutrients, including mold toxins and, in the case of balsamic, lead.



## FLAVORS

Artificial flavors often contain petrochemicals and dubious compounds, and are rarely tested for safety. Don't be fooled by the term "natural flavors" in processed foods either, which can mean just about anything.