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## *Dairy products.*

**Milk and milk products** are an excellent source of balanced proteins, calcium and as a probiotic.

If consumed in reasonable amounts - particularly on a daily basis, most dairy products are very beneficial for most dogs.

### **Milk.**

The primary protein in dairy products is "casein".

Milk is beneficial and an excellent nutrition supplement for dogs and "the majority of dogs" **tolerate milk** with no ill effects.

Milk and milk products as a food item in the feed pan **can** contribute much to a dog's health.

**Know this!** ... But most cows' milk products **also contain** "lactose sugar" which "some adult dogs cannot digest" ...

For those individual dogs milk lactose ferments in their intestines and "could" cause flatulence and diarrhoea - **but no damage.**

**Examples:**

Sour cream (with or without chives).

Buttermilk powder.

Low fat milk powder.

Yogurt ... Besides being a nourishing food on its own, yogurt do contains beneficial bacteria that improve your dog's digestion system and bowel function.

These beneficial bacteria help prevent:

Intestinal infections,

Prevent diarrhoea,

Kill other problem causing bacteria.

Yogurt is also known to boost the immune system.

Yogurt also is thought to have anticancer properties.

Plain commercial processed yogurt can also be used, though unless specific strains are identified on the label, the "live cultures" refer to those used to make the yogurt, not probiotics.

Plain yogurt powder.

**Kefir**... Kefir, which is easy to make at home, is a good source of beneficial bacteria.

**Cheese** ... Cheese or cottage cheese on a daily basis is a good source of nutrition.

Hard cheese such as cheddar cheese, mozzarella

Cheddar powder.

Cottage cheese - minimum of 2 tbsp.

Dry cottage cheese, used for baking and farmer's cheese are very low in lactose.

**About Lactose.**

For dogs that cannot tolerate dairy lactose.

Eliminating most of the lactose – **or** - Freezing ordinary low-fat or no-

fat cottage cheese and then pouring or squeezing off the separated liquid also eliminates most of the lactose.

In this form, **its protein content is quite similar to meats.**

**Know this!** ... Some dogs that cannot tolerate dairy lactose will handle live-culture unpasteurized yogurt as well.

**Probiotics (friendly enzymes and bacteria) benefits.**

About freezing milk products.

Probiotics found in milk products and yogurt and fermented milk products **will not survive a freezing process.**

Best to feed fresh.