Tips to Eat and Drink Dairy with Lactose Intolerance



Opt for lactose-free dairy milk.



Mix milk with other foods to help slow lactose digestion.





Top dishes with natural cheeses.





Yogurt's live and active cultures help digest lactose.



Choose natural cheeses (e.g., Cheddar, Swiss).

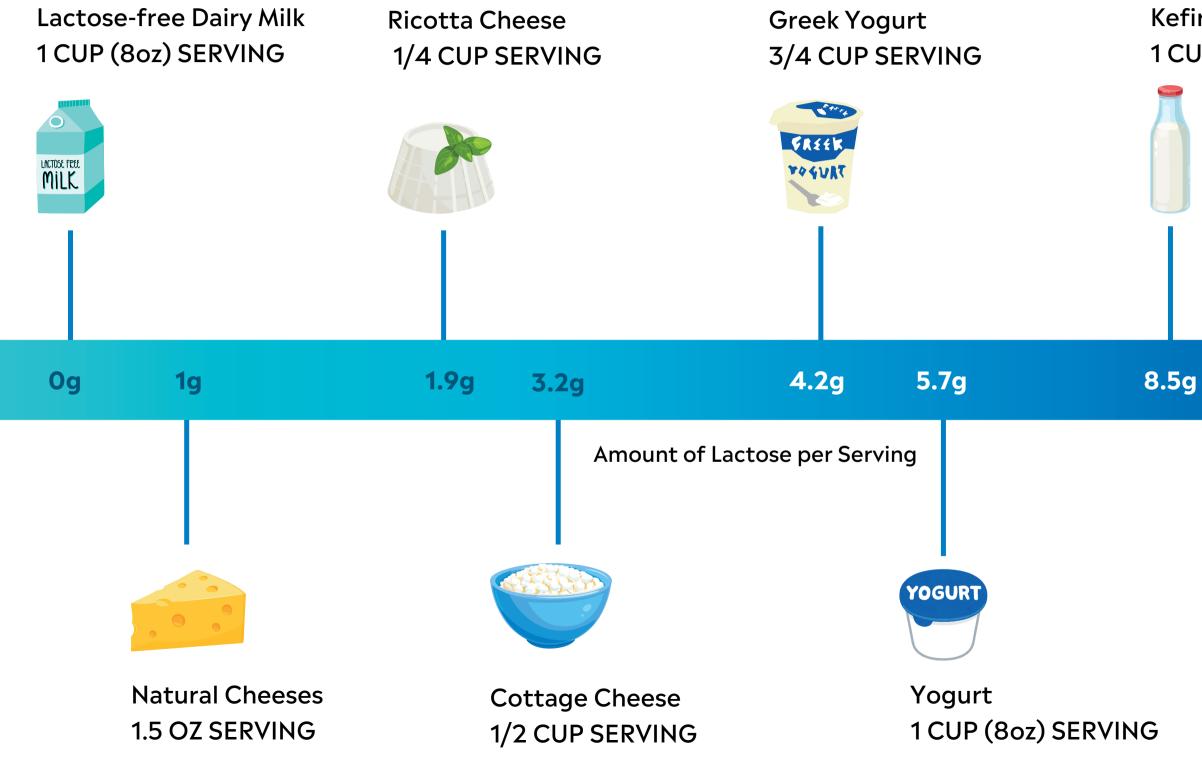


Sip It

Start small and introduce dairy slowly.

Infographic source: National Dairy Council

Lactose in Dairy





Kefir 1 CUP (8oz) SERVING





Dairy Milk 1 CUP (8oz) SERVING

Adapted from National Dairy Council infographic