

# Tips to Eat and Drink Dairy with Lactose Intolerance



## Try It

Opt for lactose-free dairy milk.



## Stir It

Mix milk with other foods to help slow lactose digestion.



## Slice It

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



## Shred It

Top dishes with natural cheeses.



## Spoon It

Yogurt's live and active cultures help digest lactose.



## Sip It

Start small and introduce dairy slowly.

# Lactose in Dairy

Lactose-free Dairy Milk  
1 CUP (8oz) SERVING



Ricotta Cheese  
1/4 CUP SERVING



Greek Yogurt  
3/4 CUP SERVING



Kefir  
1 CUP (8oz) SERVING



0g

1g

1.9g

3.2g

4.2g

5.7g

8.5g

12g

Amount of Lactose per Serving



Natural Cheeses  
1.5 OZ SERVING



Cottage Cheese  
1/2 CUP SERVING



Yogurt  
1 CUP (8oz) SERVING



Dairy Milk  
1 CUP (8oz) SERVING