Don't Ditch the Dairy
Living with Lactose Intolerance

For those sensitive to lactose, a sugar naturally found in dairy foods, there's good news! You don't need to take dairy completely off the menu. Certain dairy foods, as well as serving sizes and new products, mean you can still enjoy milk, cheese and yogurt.

Lactose-Friendly Foods

CHEDDAR, COLBY, MONTEREY JACK, PARMESAN AND SWISS
Hard and aged cheeses like these are low in lactose, and are still excellent sources of calcium and protein.

YOGURT WITH LIVE & ACTIVE CULTURES
Yogurt is not only nutrient dense, but contains cultures that assist in breaking down lactose, making it easier to digest.

LACTOSE-FREE MILK
Lactose-free milk provides the same nine essential nutrients as regular milk, just without the lactose!

Visit MilkMeansMore.org for lactose-friendly recipe ideas!

Make the Most out of Milk

“Start low and go slow”
the motto many doctors & dietitians recommend for those who think they might have lactose intolerance. Start with a small amount of milk and drink it with a meal. This can slow down and improve the digestion of lactose.

Try adding lactose-free milk or yogurt to your main dish. It works well in soups, pancakes & oatmeal.