

# LACTOSE INTOLERANT?

## THINGS YOU NEED TO KNOW

Living with lactose intolerance doesn't mean you have to give up your favorite dairy foods. In fact, despite some common misconceptions, most people are able to enjoy dairy even if they are lactose intolerant.

### 1 Lactose intolerance isn't as common as you think.



In fact, roughly 1 in 10 adults report having lactose intolerance, and that's through self-diagnosis (which may be inaccurate). If you are experiencing symptoms such as gas, bloating or diarrhea, it's best to consult your doctor for a proper diagnosis.

Here are five things you should know if you think you are lactose intolerant:

### 2



#### You can still enjoy your favorite dairy foods.

Just because you are lactose intolerant, you don't necessarily have to give up dairy all together. Many health experts agree you should still try to consume dairy because it provides nine essential nutrients needed for a healthy diet.



### 3 Find what works best for you.

### 3

The amount of lactose varies depending on the type of dairy food you are consuming. Start small by mixing low-fat or fat-free dairy with other foods. You can also try cheese and yogurt, or lactose-free milk.

### 4

#### Lactose-free milk still packs a nutritional punch.



Lactose-free milk is real dairy, just without the lactose. It provides the same essential nutrients, such as calcium, potassium, and vitamin D, found in regular dairy products.

### 5 Cooking when you are lactose intolerant is easy.



Even if you've been diagnosed with lactose intolerance, your meals can still be exciting. Visit the National Dairy Council's website or Pinterest page to find recipes for you and your family.

For more information about lactose intolerance, visit

[nationaldairycouncil.org](http://nationaldairycouncil.org)



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