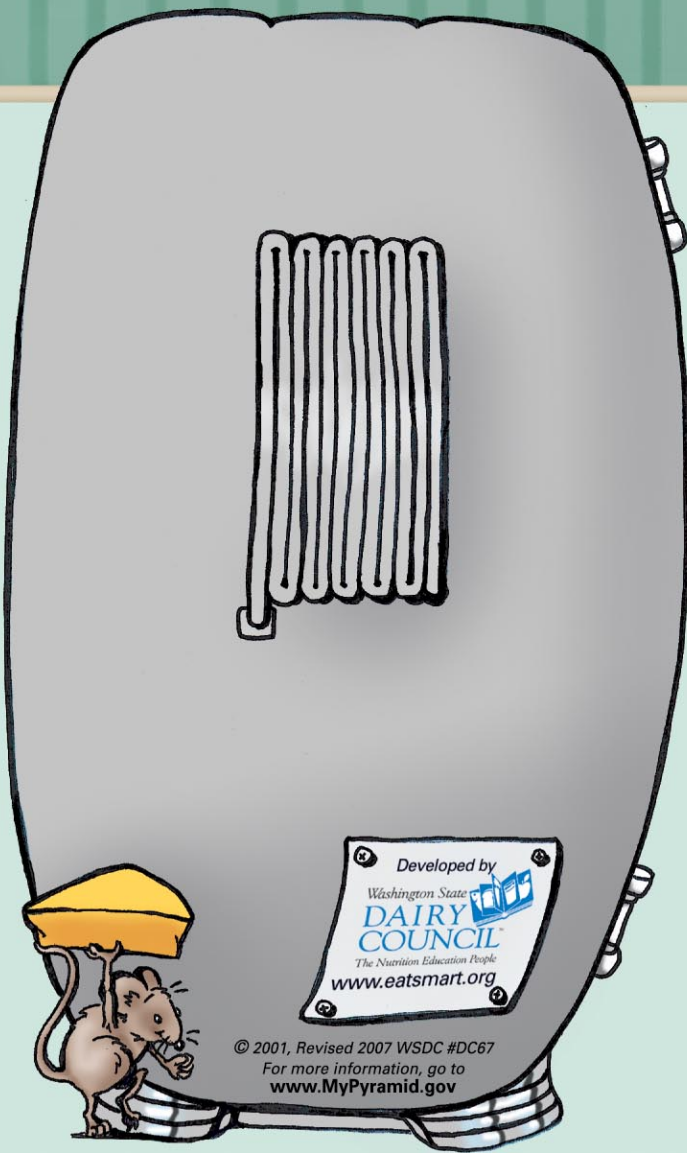


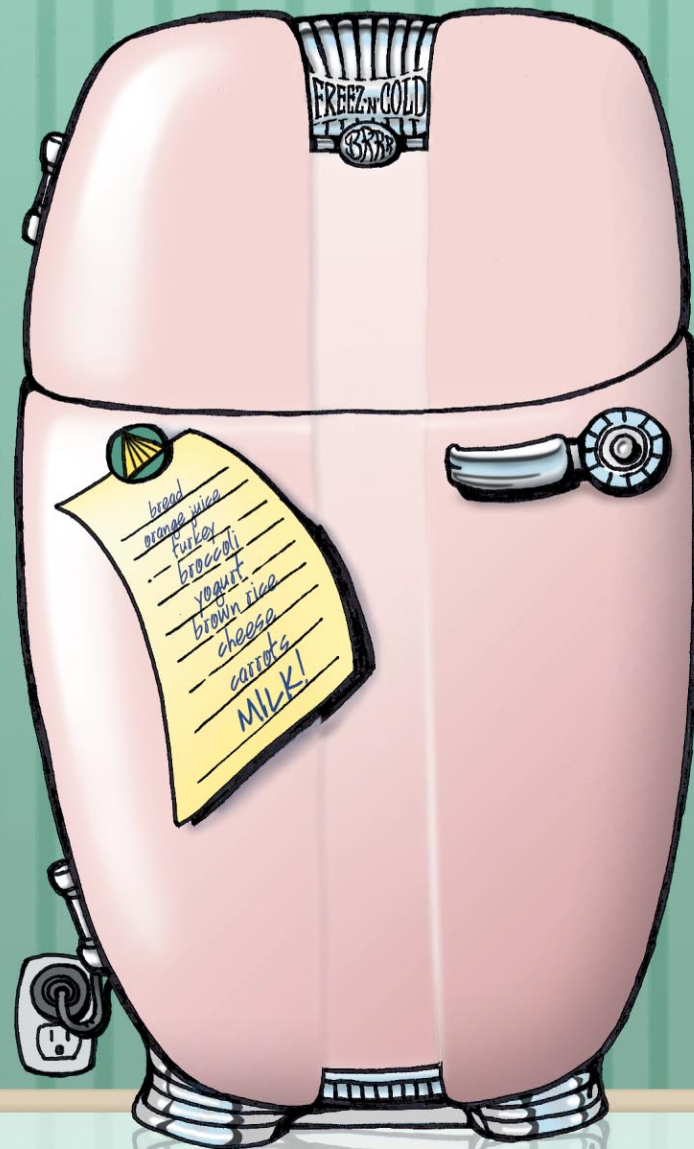
Lactose Intolerant?

Open the Door to Enjoying Dairy Again



Developed by
Washington State
DAIRY COUNCIL
The Nutrition Education People
www.eatsmart.org

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bread
orange juice
turkey
broccoli
yogurt
brown rice
cheese
carrots
MILK!

Tips for Tolerance

Lactose intolerance doesn't require that you avoid dairy foods. Try these easy tips from people who have found successful ways to enjoy milk, cheese, yogurt, and other foods from the Milk Group.

“**Cheese is fine** for me, like Cheddar, Monterey Jack, Gouda and Parmesan. When milk is made into cheese, most of the lactose is taken out.”

“I like **yogurt**. There are so many flavors and it's easy for me to digest.”

“I started **adding back** a little milk, about ¼ to ½ cup with dinner. I was able to work up to a cup at each meal without any problems.”

“As long as I drink **milk with other foods**, I'm fine. I just don't drink it on an empty stomach.”

“**Chocolate milk** is easier for me to digest than regular white milk. That's great because I love the taste and it has the same nutrients.”

“In the dairy case where the store sells milk, we just choose **lactose-free** milk.”

“You can get drops at the drugstore - they're called **lactase enzyme** - and add them to a carton of milk. I do it at night and it's ready for cereal in the morning. The only difference in flavor is the milk tastes a little sweeter.”

“My drugstore has **lactase pills** that I take with my first bite of food that I know has lactose. I bring them along when I go to restaurants and to friends' homes because I want to enjoy whatever is served.”

Get 3 Cups

each day from the Milk Group.

Go low-fat or fat-free when you choose milk, yogurt, and other milk products.

1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the Milk Group.

You can still enjoy dairy foods

even if you have difficulty digesting lactose. Lactose is a natural sugar found in milk. Dairy foods grouped toward the top of this list may be easiest to digest.

