

5 TIPS

to enjoy

DAIRY

again

GOOD NEWS – Lactose intolerance is manageable so you won't miss out on the essential nutrients found in milk, cheese and yogurt. And remember, plant-based beverages do not contain the same nutrient package as real milk.

Start enjoying your favorite dairy foods again:

1. Choose lactose-free milk and milk products. They are real milk products, just without the lactose, and provide the same great nutrients as regular dairy foods.

2. Eat easy-to-digest yogurt with "live, active cultures" to help digest lactose.



3. Add naturally-aged cheese like Cheddar, Colby or Swiss – which are low in lactose – to salads and sandwiches.



4. Mix milk with other foods such as cereal or soups. This helps give your body more time to digest lactose.



5. Try small amounts of milk or other dairy foods daily and slowly increase the amount over several days or weeks.



Get more science-based nutrition info at NewEnglandDairyCouncil.org