

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