

MANAGING LACTOSE INTOLERANCE

Lactose is naturally found in...



If you are lactose intolerant



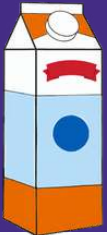
Try adjusting your lifestyle and dietary choices by:

- Eating lactose foods with a meal instead of on their own
- Taking a lactase enzyme before eating foods that contain dairy ¹
- Consuming lactose in moderation. Studies have shown that some people have a tolerance to one cup of milk per day (12g of lactose) ²



For some, avoiding lactose altogether may be necessary

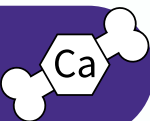
Foods that are lactose free include:



Any dairy-free or lactose-free dairy products that include:

- Lactose-free milk, yogurt, cheese, and ice cream, which still have the same great taste as regular milk products!

Lactose-free dairy products also contain the same amount of calcium as regular dairy products, which is important to avoid calcium deficiencies when on a lactose-free diet.



Always speak with your doctor or registered dietitian before making changes to your diet to ensure you are still getting the nutrients you need when avoiding lactose.



This resource was made possible due to an unrestricted educational grant from:

