Have you been diagnosed lactose intolerant by a doctor? Use these ideas to still enjoy dairy without experiencing discomfort.

**SIP.**

Sip a small amount of milk and increase slowly over several days or weeks to find the amount that works for you.

**TRY.**

Try milk that is labeled as ‘lactose-free’. This milk has the same nutrients as regular dairy and tastes the same as real milk. Also, look for ‘lactose-free’ yogurt, cheese, and ice cream.

**MIX.**

Mix milk with soup or cereal; blend it with fruit; or drink small amounts with meals. Solid food helps slow digestion and allows more time to digest lactose.

**SLICE.**

Slice cheese for sandwiches or crackers. Cheddar, Swiss, Mozzarella, Gouda, Queso Fresco, Colby, Monterey Jack, Provolone, Brie, Blue, & Parmesan cheese all have <1 gram of lactose per 1.5 ounces.

**SPOON.**

Enjoy your yogurt with a spoon...traditional or Greek-style! Look for yogurt that is labeled with “live and active cultures,” which help digest lactose.

arizonamilk.org  nevadamilk.com

usalactose.org  usdairy.com