

# Fall in with Dairy Again!

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

## SIP.



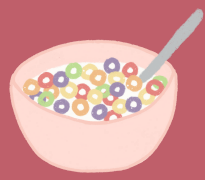
Sip a small amount of milk and increase slowly over several days or weeks to find the amount that works for you.

## 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 help slows 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.



[usdairy.com](http://usdairy.com)



[arizonamilk.org](http://arizonamilk.org)

[nevadamilk.com](http://nevadamilk.com)