

# Myth Busting: Lactose Intolerance



**Definition:**  
Gastrointestinal response  
from inadequate ability to  
digest lactose  
(the natural sugar in milk).

Regular exposure to lactose may increase a person's tolerance to dairy foods! Start with a small amount of real milk and increase slowly over days or weeks to find your tolerance amount!

**Myth 1: Lactose intolerance is the same as a having a milk allergy.**



Lactose Intolerance is not a dairy allergy. A dairy allergy is an immune response reaction to milk protein causing a rash, vomiting, or nasal congestion.

**Myth 2: My symptoms say I'm lactose intolerant . . . so I guess I am?**



Review symptoms with your doctor. It might even be a different condition. Hydrogen breath test or a lactose tolerance blood test will diagnose lactose intolerance.

**Myth 3: People with lactose intolerance should avoid all dairy products.**



There are many low-lactose foods and strategies to still enjoy dairy. The U.S. Dietary Guidelines recommend 3 servings of dairy/day, which have many essential nutrients.

**Myth 4: It's just as easy to get the same nutrients from non-dairy foods.**



It is difficult to get enough of some of these nutrients from other foods. You would have to eat 10 cups of raw spinach to get the same calcium as an 8 oz glass of milk!

# What Are Some Low-Lactose Dairy Options?



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

**Lactose intolerance is manageable so you won't miss out on the essential nutrients found in milk, cheese, and yogurt.**

**Note that plant-based alternative beverages generally have less protein and are more processed when compared to real milk.**

Dairy Food	Lactose Grams (g)
Lactose-Free Milk (1 cup) Lactose-Free Yogurt (1 cup) Lactose-Free Greek Yogurt (1 cup) Lactose-Free Ice Cream (1/2 cup)	0 g
Cheddar, Swiss, Mozzarella, Gouda, Colby, Monterey Jack, Provolone, Brie, Blue, & Parmesan Cheese (1.5 oz)	< 1 g
Cottage Cheese (1/2 cup)	3 g
Greek Yogurt (with live and active cultures, which help digest lactose) (6-8 oz)	6 - 8 g
Yogurt (with live and active cultures, which help digest lactose) (6-8 oz)	12 - 16 g



**LACTOSE FREE**

Did you know that lactose-free milk is real milk just without the lactose? Yep, it's still got all 13 essential nutrients and has the same great taste!

Look for "lactose-free" on the label!

