

Lactose Intolerant?

You Don't Need To Avoid These Foods



MILK: Choose lactose-free dairy. It's real dairy just without the lactose! Lactose-free milk provides the same 9 essential nutrients as regular milk.



YOGURT: Eat easy to digest yogurt with "live, active cultures" to help digest lactose.



CHEESE: Choose naturally-aged cheese like cheddar, colby or swiss (which are naturally low in lactose).

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