

# FUELING ESSENTIALS FOR THE LACTOSE INTOLERANT ATHLETE

- Lactose intolerance is a sensitivity to lactose, the sugar found in milk and other dairy foods.
- Lactose intolerance is an individual condition and there are tips to help people find how much lactose they can tolerate at one time.
- Before eliminating dairy, be properly tested for lactose intolerance by a doctor, as many other conditions can result in similar symptoms.



For advice on customizing a nutrition plan, consult a sports dietitian.

Dairy foods like milk, cheese and yogurt are nutrient-rich and a source of high-quality protein that can be beneficial to athletes. Use these tips to find which dairy options work best to help keep dairy in the diet.

## TRY IT

Opt for lactose-free cow's milk products



## SIP IT

Start small and introduce dairy slowly



## STIR IT

Mix milk with other foods to help slow lactose digestion



## SLICE IT

Choose natural cheeses (e.g. Cheddar, Swiss)



## SHRED IT

Add natural cheeses to foods (e.g. Parmesan, mozzarella)



## SPOON IT

Yogurt's live and active cultures help digest lactose

