








Lactose Intolerant? Love Dairy? Try These 12 Tips

Did you know that each person with lactose intolerance is likely able to tolerate varying degrees of lactose? That's because one size does not fit all. It is all about understanding how much lactose is in the foods you love, how much you can handle at once and other helpful hints. Here are 12 tips to try so you don't have to give up your favorite dairy foods and the great taste and health benefits that come with them.

Dairy Food <i>cow's milk based</i>	Serving Size	Lactose Grams (g)	Helpful Hints
 Cow's Milk	8 oz.	12 g	Try small amounts of milk on cereal, in smoothies or with meals. Having milk with solid foods helps slow digestion which can mean better tolerance.
Lactose-Free Cow's Milk	8 oz.	0 g	Lactose-free cow's milk is another option — it is real milk, just without the lactose.
 Yogurt (Low-fat, Plain)	6 - 8 oz.	12 - 16 g	While yogurt does have lactose, it is unique because its live and active cultures help digest the lactose, which can make it easier to tolerate.
 Greek Yogurt (Low-fat, Plain)	6 - 8 oz.	6 - 8 g	There is less lactose in Greek yogurt because the straining process (provides the thick texture) removes some of the lactose. There also is the added benefit of live and active cultures to help digest the lactose.
Lactose-Free Yogurt/Greek Yogurt	8 oz. (1 cup)	0 g	There also are lactose-free cow's milk yogurt options — they are real yogurt, just without the lactose.
Natural Cheese such as Cheddar, Swiss, Mozzarella, Gouda, Colby, Monterey Jack, Provolone, Brie, Blue, Parmesan(Hard or Grated)	1.5 oz.	< 1 g	Due to the steps in the cheese making and natural aging, natural cheeses contain minimal amounts of lactose.
 American Cheese	2 oz.	1.25 g	American cheese, which is made from natural cheese, does not contain much lactose.
 Cottage Cheese	1/2 cup*	3 g	Smaller amounts of cottage cheese do not contain much lactose. <i>*Note: If seeking an equivalent to a serving of milk this would be 2 cups of cottage cheese, which would increase lactose to 12 grams.</i>
 Ricotta Cheese	1/2 cup	< 1 - 6 g	Ricotta cheese — a soft, natural cheese — also can contain minimal amounts of lactose.
 Ice Cream	1/2 cup	14 g	There are lactose-free cow's milk ice creams available; they are real ice cream, without the lactose.
 Butter	1 tsp.	< 0.1 g	Butter contains minimum lactose.
 Cream (Liquid) as well as Cream Cheese (Whipped or Block)	1 tbsp.	< 1 g	Cream for coffee (or baking/cooking) and cream cheese both contain minimum amounts of lactose. (Note: Serving size can add up.)

Key Takeaway: If you are lactose intolerant, you most likely can work small amounts of dairy into your meals or choose dairy foods with minimal lactose. Then, gradually increase your portion size to find your comfort level.



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