LACTOSE INTOLERANCE

Making the Most Out of Milk
People who are lactose intolerant don’t have enough lactase, the enzyme that breaks down lactose (a sugar naturally found in milk), in their digestive system.

If you are lactose intolerant, it’s still possible to eat dairy foods - the key is to learn what works best for you. There’s an option to meet most needs in the dairy case ranging from lactose-free milk to natural cheese and yogurt.

You can also mix milk with other foods. Blend with fruit, include in soups and cereal or drink milk with meals. Solid foods help slow digestion and allow the body more time to digest lactose.

LOWFAT (1%) milk

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LOWFAT (1%) LACTOSE-FREE milk

Lactose-free milk is real cow’s milk, just without the lactose. And it provides the same essential nutrients, including those that many people fall short on.

Potassium
25% DV
10% DV
30% DV

Vitamin D
12% DV
25% DV
30% DV

Calcium

Source: MyPlate, MilkPEP, USDA National Nutrient Database, Hood®
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