

# 12 Lactose Friendly Tips To Enjoy Your Favorite Dairy Foods

Guess what? People who are lactose sensitive may be able to tolerate varying degrees of lactose without the uncomfortable symptoms. It's all about understanding how much lactose is in the food you love and how much you can handle in one sitting. Here are 12 tips to enjoy your favorite dairy products without overdoing it.

1.



## Have cookies with your dairy milk. Seriously.

Having milk with food helps slow digestion, which improves tolerance.

Lactose Amount: 12.6 grams per cup serving<sup>1</sup>

## Don't sleep on lactose-free dairy milk.

Real dairy milk has the same important nutrients and rich taste, just without the lactose.

Lactose Amount: 0 grams per cup serving



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## Try yogurt at your next brunch outing.

Yogurt's live and active cultures help you digest its lactose, which can make it easier to tolerate. Low fat, plain yogurt is a great place to start.

Lactose Amount: 5.7 grams per 6 ounce serving

## Give Greek yogurt a try.

Thanks to its unique straining process, Greek yogurt has less lactose than traditional yogurt.

Lactose Amount: 4.2 grams per 6 ounce serving



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## Experiment with lactose-free yogurts.

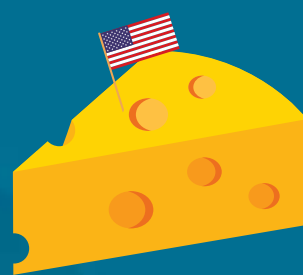
Deliciously smooth, authentic dairy yogurt—including Greek yogurt—without a hint of lactose.

Lactose Amount: 0 grams per serving

## Be patriotic—order American cheese.

Made from natural cheese, American cheese is the perfect choice for grilled cheese sandwiches.

Lactose Amount: 1.2 grams per 2 ounce serving



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## Craving a cheese platter? Go au naturel.

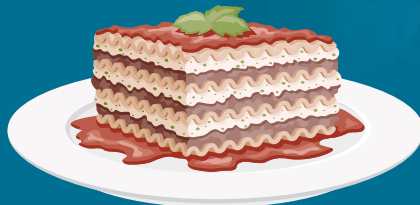
Natural cheeses like cheddar, Swiss, mozzarella, gouda, Colby, and more are all low in lactose.

Lactose Amount: <1 gram per 1.5 ounce serving

## Use cottage cheese to make the lasagna of your dreams.

Hosting dinner? Cottage cheese can come in clutch for you and your lactose sensitive guests.

Lactose Amount: 3.2 grams per 1/2 cup serving



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## Experiment with a lotta ricotta.

A soft, natural cheese known as a must in Italian cuisine, ricotta cheese can be lactose-friendly.

Lactose Amount: <2 grams per 2 ounce serving

## Go ahead, enjoy your cream.

Cream cheese on your bagel? Go for it. Whipped cream on your mocha? Make it happen!

Lactose Amount: <1 gram per tablespoon serving



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## Keep screaming for ice cream.

Traditional ice cream can be tolerable in low doses, and lactose-free options are rich and creamy.

Lactose Amount: 3.9 grams per 2/3 cup serving

## Butter your toast. And your blueberry muffin. Your biscuit too.

A kitchen essential, butter is nearly lactose free. So enjoy it!

Lactose Amount: <0.1 grams per teaspoon serving



12.

<sup>1</sup> All lactose content derived from: U.S. Department of Agriculture, Agricultural Research Service. "FoodData Central." Accessed 12.8.2022.

