

LOVE DAIRY, BUT A LITTLE WARY?

Try These 12 Tips⁵

DAIRY FOOD <i>cow's milk-based</i>	SERVING SIZE	LACTOSE GRAMS (g)	HELPFUL HINTS
Cow's Milk	8 oz. (1 cup)	12 g	Having milk with solid foods helps slow digestion, which can mean better tolerance.
Lactose-Free Cow's Milk	8 oz. (1 cup)	0 g	Lactose-free cow's milk is real milk, just without the lactose.
Yogurt (Low-fat, Plain)	6–8 oz.	12–16 g	Yogurt is unique since the 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 removes some of the lactose. There is also 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 are also lactose-free cow's milk yogurt options, which are real yogurt, just without the lactose.
Natural Hard Cheese such as Cheddar, Monterey Jack, Colby Jack, or Cotija	1.5 oz.	<1 g	Due to the steps in cheese making and natural aging, natural hard 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.
Ricotta Cheese	1/2 cup	<1–6 g	Ricotta cheese—a soft, natural cheese—also contains minimal amounts of lactose.
Ice Cream	1/2 cup	14 g	Lactose-free cow's milk ice creams are available. It's real ice cream, without the lactose.
Butter	1 tsp.	<0.1 g	Butter contains minimal 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 minimal amounts of lactose.

KEY TAKEAWAY: If you are lactose intolerant, you can most likely work small amounts of dairy into your meals or choose dairy foods with minimal or no lactose. Then, gradually increase your portion size to find your comfort level.

References: 1. National Dairy Council: Dairy Foods That Help People Across the Lifespan. <https://www.usdairy.com/getmedia/a815254c-ec80-447e-a3be-6d45255c691b/dairy-through-the-lifespan-2021.pdf?ext=.pdf>. Accessed July 28, 2022. 2. Lott M, Callahan E, Welker Duffy E, Story M, Daniels S. Healthy Beverage Consumption in Early Childhood: Recommendations from Key National Health and Nutrition Organizations. Consensus Statement. Durham, NC: Healthy Eating Research; 2013. Available at <http://healthyeatingresearch.org>. 3. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020–2025, 9th Edition, December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov). 4. Choi IV, et al. Milk intake enhances cerebral antioxidant (glutathione) concentration in older adults: A randomized controlled intervention study [published online ahead of print August 15, 2022]. *Frontiers in Nutrition*. doi:10.3389/fnut.2022.811650. 5. Lactose intolerant? Love dairy? Try these 12 tips. National Dairy Council website. <https://www.usdairy.com/news-articles/lactose-intolerant-love-dairy-try-these-12-tips>. Published February 24, 2019. Accessed July 28, 2022.



CAN I STILL HAVE DAIRY?

Roughly 1 in 10 adults report having lactose intolerance, and that's through self-diagnosis, which could be inaccurate.¹ If you're experiencing symptoms such as gas, bloating or diarrhea after consuming dairy products, it's best to consult with your doctor for a proper diagnosis.

7 THINGS TO KNOW IF YOU THINK YOU ARE LACTOSE INTOLERANT

If you do have a lactose sensitivity, there are still many ways that you can try incorporating milk and dairy products into a balanced meal plan. Use the tips below and consult with a health professional to start enjoying the delicious and nutritious benefits of dairy in ways that fit your lifestyle and your body.^{2,3}

LOOK FOR LACTOSE-FREE MILK.

It is real cow's milk with the lactose sugar already broken down so can help reduce unwanted gastrointestinal issues.

ADD HARD CHEESES TO MEALS.

Natural, hard cheeses like Cheddar, Colby Jack, Monterey Jack, or Cotija, contain minimal lactose and provide a great way to get in a serving of dairy.

COOK WITH IT.

Using dairy in recipes is a great way to get in essential nutrients. For example, you can sub yogurt for ingredients like mayonnaise or use lactose-free milk in baking, on hot cereals like oatmeal or in soups.

TOP VEGGIES WITH IT.

Sprinkling a serving of grated, low-fat, natural, hard cheese on your veggies adds protein, calcium and a scrumptious taste.

OPTIMIZE YOUR WORKOUT.

Low-fat and fat-free dairy foods are a great source of high-quality protein, which may be beneficial after a workout. Mix lactose-free milk in a shake or make a parfait with yogurt, fruit and a dab of honey to replenish and rebuild!

SCOOP UP A SERVING OF YOGURT.

Though it contains lactose, yogurt is also full of good bacteria (e.g., live and active cultures), which helps digest the lactose and can make it easier to tolerate.

EXPERIMENT WITH REGULAR DAIRY FOODS.

Introducing dairy slowly into your diet and gradually increasing the amount over time can help your body begin to tolerate it little by little.

Reference: 1. Nicklas TA, et al. Prevalence of self-reported lactose intolerance in a multiethnic sample of adults. *Nutrition Today*. 2009;44(5):222-227. 2. Goodson A. 7 Ways To Add Dairy To Your Diet If You're Lactose Intolerant. National Dairy Council website. <https://www.usdairy.com/news-articles/7-ways-to-start-adding-dairy-back-into-your-diet>. Published February 21, 2012. Accessed July 28, 2022. 3. Bridges M. Got lactase? A clinician's guide to lactose intolerance. *Nutrition Issues in Gastroenterology*. 2018;42(7):50-60.

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