## MANAGING LACTOSE INTOLERANCE



## Lactose is naturally found in...





Regular & low-fat milk & Cream





If you are lactose intolerant



## Try adjusting your lifestyle and dietary choices by:

- Eating lactose foods with a meal instead of on their own
- Taking a lactase enzyme before eating foods that contain dairy
- Consuming lactose in moderation. Studies have shown that some people have a tolerance to one cup of milk per day (12g of lactose)



## For some, avoiding lactose altogether may be necessary

Foods that are lactose free include:





Vegetables 🔭



Grains



Meats <



Any dairy-free or lactose-free dairy products that include:

• Lactose-free milk, yogurt, cheese, and ice cream, which still have the same great taste as regular milk products!

Lactose-free dairy products also contain the same amount of calcium as regular dairy products, which is important to avoid calcium deficiencies when on a lactose-free diet.





Always speak with your doctor or registered dietitian before making changes to your diet to ensure you are still getting the nutrients you need when avoiding lactose.

