



Do You Like Milk But It Doesn't Seem To Like You?



***If you are lactose intolerant, try the following tips
before you give up on dairy foods:***

- Drink milk as part of a meal rather than alone.
- Drink small, more frequent portions of milk.
- Choose aged cheeses (Swiss, Colby, Parmesan, and cheddar), they are naturally lower in lactose.
- Try yogurt with active cultures.
- **Other options:** Buy lactose-reduced or lactose-free milk, add a lactase enzyme (tablets or drops) to your milk before drinking it, or take a lactase supplement before eating lactose-rich foods.