


# QUICK POCKET GUIDE TO LACTOSE-INTOLERANT FRIENDLY DAIRY FOODS


Whether you're at the grocery store or your favorite restaurant, keep this handy guide with you to make dairy choices that help you eat confidently and live fully.

**STEP 1**



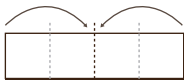
Cut along blue line below

**STEP 2**




Fold paper in half lengthwise

**STEP 3**



Fold ends into center

**STEP 4**



Fold in half once more



**SHOPPING**


TO LACTOSE-INTOLERANT FRIENDLY DAIRY FOODS

**QUICK POCKET GUIDE**

NATIONAL DAIRY COUNCIL



FIND MORE GREAT DAIRY IDEAS AT:  
[www.nationaldairyCouncil.org](http://www.nationaldairyCouncil.org)



**DINING**

**GROCERY STORE**

**MILK**

Lactose-free dairy milk  
*Drink lactose-free dairy milk or drink smaller amounts of regular milk daily, increasing slowly to build tolerance.*

**RESTAURANT MENU**

**DESSERTS**

Yogurt and yogurt-based desserts  
Lactose-free dairy ice cream  
Natural cheeses and fruit

**YOGURT**

Plain or flavored yogurt  
Greek yogurt

*Enjoy yogurt. Its live and active cultures help digest lactose.*

**CHEESE**

Natural cheeses  
*Most cheeses contain minimal amounts of lactose, including Cheddar, Colby, mozzarella, Monterey Jack, Parmesan and Swiss.*

Cottage cheese  
*(lactose-free variety)*

**DRINKS**

Coffee, tea, milkshakes  
*Drink lactose-free dairy milk or drink smaller amounts of regular milk daily, increasing slowly to build tolerance.*

Kefir

**TIPS**

*Use dietary supplements with the lactase enzyme to help you digest the lactose in your favorite dairy foods.*

*Lactose intolerance is an individualized condition. Choose entrees with milk and cheese that are appropriate for you.*