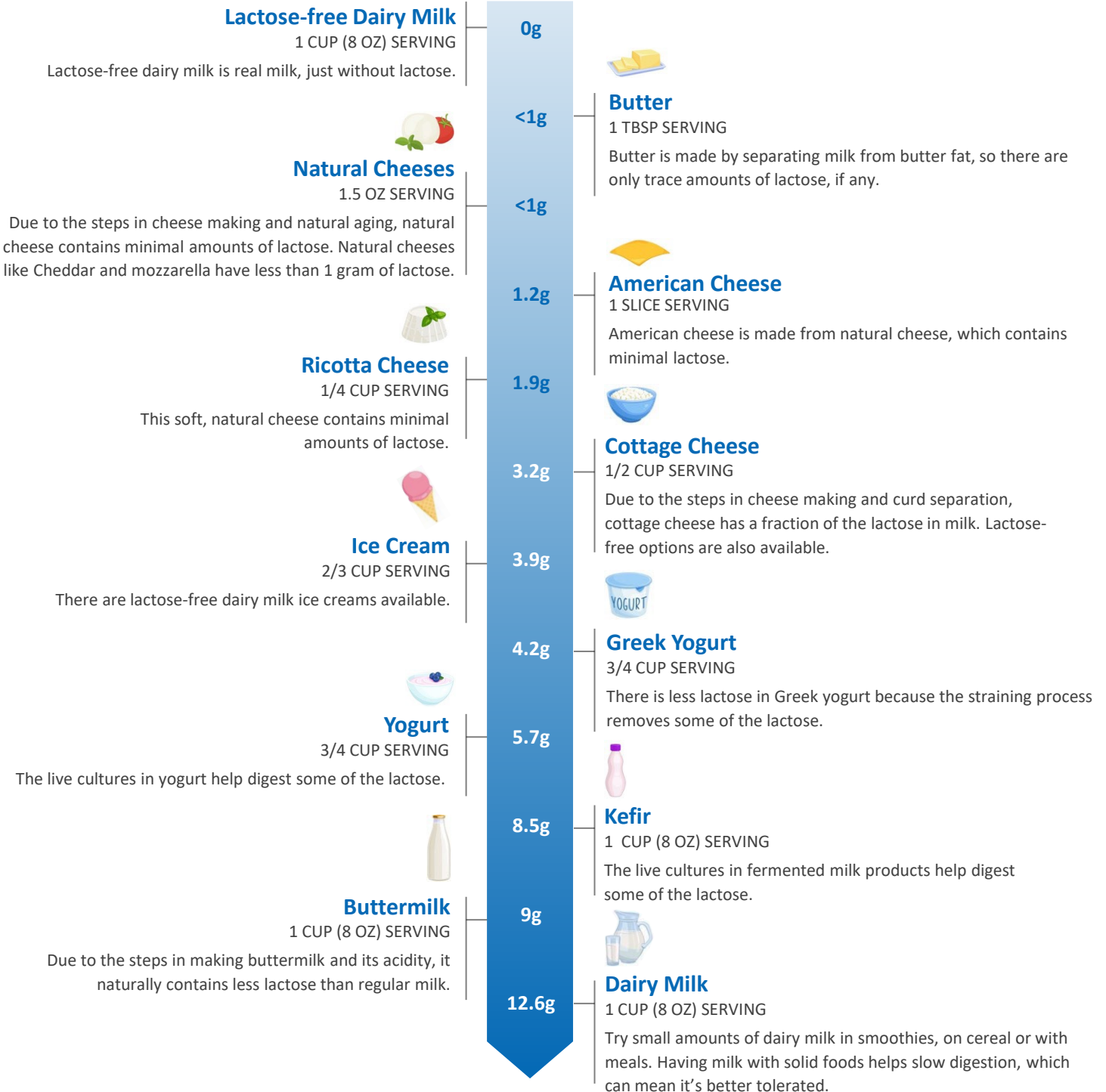


# Lactose Intolerance: How to Enjoy Dairy Foods with Confidence

Everyone tolerates lactose differently. The good news is there are a variety of lactose-free and lower-lactose choices that deliver on taste and nutrition.



## Amount of Lactose per Serving From Lowest to Highest



Lactose content based on the Reference Amount Customarily Consumed (RACC) and data from FoodData Central: <https://fdc.nal.usda.gov/>. Accessed October 2022. Ricotta lactose content based on Facioni MS et al. 2020, Di Costanzo M et al. 2020 and Food Standards Australia New Zealand. Detailed data is on file and available upon request.