



LACTOSE INTOLERANCE

WHAT IS LACTOSE INTOLERANCE?

It's when the body lacks the ability to break down milk sugar (lactose). Here are some important tips about lactose intolerance, and how you can work around it to ensure you're always performing at your best.



Being Lactose Intolerant

Being Lactose Intolerant doesn't mean you can't get all the dairy goodness your body needs.

There are lots of foods that are naturally low in lactose—like yogurt, cheese, cottage cheese, kefir and most whey protein powders.

IS LACTOSE INTOLERANCE DIFFERENT FROM A DAIRY ALLERGY?

Yes! Nearly everyone who has **lactose intolerance** (difficulty digesting dairy's natural sugar) can still enjoy some dairy. In contrast, a **dairy allergy** (which is rare and should be diagnosed by a physician), is an allergic reaction to the protein in dairy that causes an immune system response, requiring the complete elimination of all dairy foods.

SO HOW DO YOU KEEP DAIRY IN YOUR DIET?



TRY IT

Opt for lactose-free milk and milk products. They are real milk products, just without the lactose, taste great and contain the same nutrients as regular dairy foods.



SIP IT

Start with a small amount of milk daily and increase slowly over several days or weeks to build your tolerance.



STIR IT

Mix milk with other foods, such as soups and cereal; blend with fruit or drink milk with meals.



SLICE IT

Choose natural cheeses such as Cheddar and Swiss. They are low in lactose.



SPOON IT

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



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