

Do You Have a Problem With Milk?

Do you have problems digesting milk or other foods made from milk? You may be lactose intolerant. This means your body can't digest lactose, a natural sugar found in milk. The tips below may help you enjoy milk and other foods made from milk without upsetting your stomach.

- Look for lactose-reduced or lactose-free milk.
- Try small portions of milk and foods made from milk. Don't consume more than one kind of milk or food made from milk at the same meal, like tomato soup and a grilled cheese sandwich.
- Drink milk with other foods.
- Add milk to soup, pudding and hot chocolate recipes.
- When milk is aged, most of the lactose is removed. Try aged cheese like cheddar or Swiss.
- Try some yogurt, which has live, active bacteria cultures that can help break down lactose.
- Take lactose digestion aids before consuming milk or foods made from milk. They break down the lactose for you.
- Follow the advice of your doctor or a registered dietitian.

Don't like milk? Here are some tips:

Drinks

- Make fruit smoothies.
- Drink calcium-fortified orange juice.
- Enjoy non-dairy plant milks such as soy, oat, almond, or cashew milk. Check the nutrition label to make sure calcium has been added.

Instead of milk

- Use low-fat yogurt as a dressing for fruit salads.
- Top baked potatoes with low-fat yogurt or cottage cheese.
- Use tofu made with calcium sulfate.
- Eat canned fish with edible bones, like sardines and salmon.
- Load up on leafy green vegetables such as broccoli, collard greens or kale. They are a good source of calcium.

Add milk to other foods

- Make soups with low-fat milk instead of water.
- Make oatmeal with low-fat milk.
- Add powdered nonfat milk to foods like gravies, meatloaf, puddings and hamburgers.
- Freeze flavored low-fat yogurt or pudding for popsicles.

You may still be able to enjoy milk or other foods made from milk even if you have difficulty digesting the lactose milk contains.

High-lactose foods (harder to digest): milk, soft cheeses and cheese spreads, cottage cheese, ricotta cheese, ice cream, non-fat dry milk powder, evaporated milk

Low-lactose foods (easier to digest): Aged cheeses such as cheddar, swiss, parmesan, and colby; American cheese, sherbet, milk treated with lactase enzyme

**Yogurt is a high-lactose food, but the live and active cultures it contains helps make it easier to digest.*

