

Lactose free does not mean dairy free

Lactose intolerant? You can still enjoy dairy foods.

The Australian Dietary Guidelines¹ recommend:



Up to 250mL of milk may be well tolerated if consumed in small amounts throughout the day. That's great news for latte lovers.

Start the day with yoghurt: it contains 'good' bacteria that helps to digest lactose.



Most hard cheeses are virtually lactose free. Cheese boards just got more delicious.

Lactose free milks contain similar nutrients to regular milk. That means great taste without the lactose.



Try doing dairy differently!



Spread dairy intake over the day.



Consume dairy foods as part of meals.



Have smaller amounts of dairy at a time.

¹ National Health and Medical Research Council. Australian Dietary Guidelines Canberra: Commonwealth of Australia; 2013.

**AUSSIE DAIRY
MATTERS**

dairy.com.au

Disclaimer: The content of this publication is provided for general information only and has not been prepared to address your specific circumstances. We do not guarantee the completeness, accuracy or timeliness of the information. **Acknowledgement:** Dairy Australia acknowledges the funding contribution of the Commonwealth Government for eligible research and development activities. © Dairy Australia Limited 2024. All rights reserved.