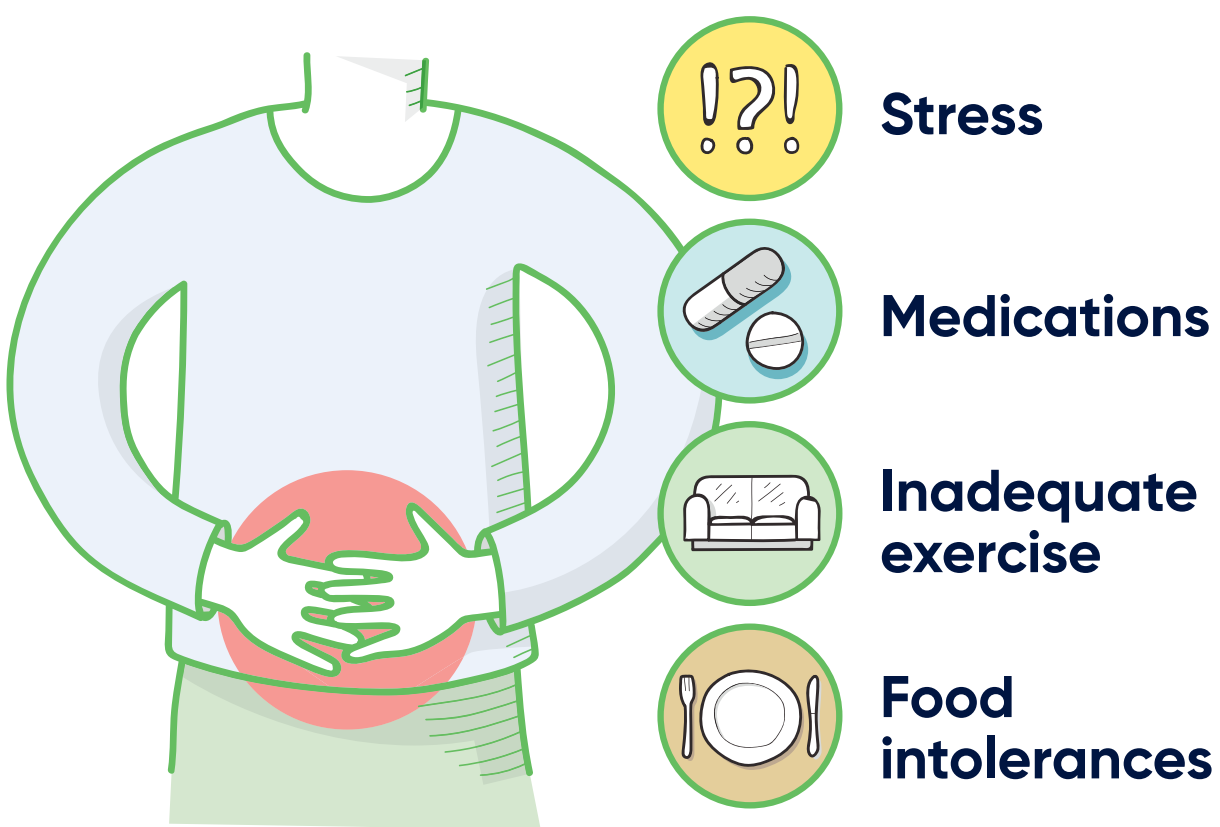


# Rethink removing dairy

Digestive problems such as abdominal pain, bloating and diarrhoea can be caused by a number of factors



For symptom relief, patients often unnecessarily cut out or limit dairy foods from their diet.

Dairy foods are an important source of:

Calcium  
Potassium  
Phosphorous  
Magnesium



Protein  
Vitamin A  
Riboflavin  
Vitamin B12  
Zinc

Milk, yoghurt and cheese can reduce your patient's risk of:

Heart disease

Stroke

Some cancers

High blood pressure

Type 2 diabetes

## Help patients reclaim the dairy they love

If your patient has cut out dairy foods completely, they can try a **21-day milk-drinking intervention** to build up tolerance to dairy foods.



**Week 1**

½ cup of milk  
twice a day  
with meals



**Week 2**

⅔ cup of milk  
twice a day  
with meals



**Week 3**

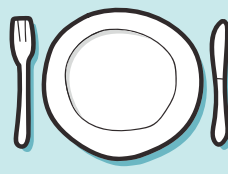
1 cup of milk  
twice a day  
with meals

## Help patients get balance back in their life

If your patient is limiting dairy foods from their diet, they can find ways to 'do dairy differently'.



Spread dairy intake  
over the day



Have dairy foods  
with meals



Have smaller amounts  
of dairy at a time

## Lactose intolerant?

### Patients can still enjoy dairy food

Australian Dietary guidelines recommend:



Up to 250mL of milk in  
small amounts may be  
well tolerated



Most hard cheeses are  
virtually lactose-free



Yoghurt contain 'good'  
bacteria that helps to  
digest lactose



Lactose-free milks  
contain similar nutrients  
to regular milk

To find out more go to [dairy.com.au/health](http://dairy.com.au/health)

**AUSSIE DAIRY  
MATTERS**

**Disclaimer**

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