

LACTOSE FREE DOES NOT MEAN DAIRY FREE

LACTOSE INTOLERANT? YOU CAN STILL ENJOY DAIRY FOODS Australian Dietary Guidelines¹ recommend:



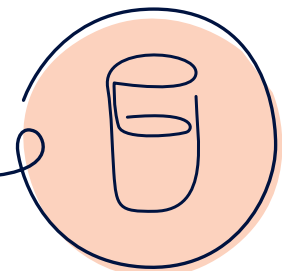
Up to 250ml of milk in small amounts may be well tolerated. That's great news for latte lovers.

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



Most hard cheeses are virtually lactose free. Dinner parties 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.

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