

Lactose Intolerance: Keep the Dairy

The four ways NIDDK lists to keep milk products in your diet, the amount most people tolerate, and the label words that mean lactose is hiding somewhere else.

✓ **Verified against published guidance** from the NIDDK & Mayo Clinic · sources below

Talk with a doctor or dietitian before you remove dairy from your diet. NIDDK says avoiding all milk and milk products can leave you short of calcium and vitamin D, and that too little calcium weakens bones over time. Mayo Clinic says to make an appointment if you often have symptoms after eating dairy foods, particularly if you are worried about getting enough calcium.

✓ Do This

Start at Four Ounces, With Food

- Mayo: up to 4 oz at a time
- NIDDK: drink it with meals
- Smaller servings, fewer symptoms

COACH'S TIP Food slows the digestive process.

Add Dairy Back Gradually

- A little at a time, then wait
- Note what caused what
- Tolerance is personal

COACH'S TIP NIDDK's own instruction.

Switch to Yogurt and Hard Cheese

- Cheddar and Swiss are low in lactose
- Mayo: hard cheeses rarely cause symptoms
- Yogurt is often easier too

COACH'S TIP Two swaps solve most of it.

Keep Lactase Products Handy

- Tablets and drops supply the enzyme
- NIDDK lists them as a real option
- Useful for meals out

COACH'S TIP The enzyme your gut is short of.

Use Lactose Free Milk

- Widely available in groceries
- NIDDK: just as healthy as regular
- No change to the recipe

COACH'S TIP The simplest single swap.

Cover Calcium and Vitamin D

- Canned salmon, sardines, tofu
- Broccoli, leafy greens, oranges
- Fortified cereal, juice, soy milk

COACH'S TIP NIDDK names these by food.

✗ Do Not

Do Not Cut Out All Dairy

- Most people tolerate some lactose
- Total avoidance costs calcium
- And vitamin D along with it

COACH'S TIP NIDDK calls it a complication.

Do Not Confuse This With Milk Allergy

- Allergy is an immune system disorder
- Intolerance is a digestive one
- Different risk, different treatment

COACH'S TIP NIDDK draws the line clearly.

Do Not Ignore the Label Words

- Milk, lactose, whey, curds
- Milk by products, dry milk solids
- Nonfat dry milk powder

COACH'S TIP Seven words, one meaning.

Do Not Assume Non Dairy Is Lactose Free

- Bread, cereal, soup, margarine
- Salad dressing, chips, lunch meat
- Nondairy creamer and toppings

COACH'S TIP NIDDK lists all of these.

Do Not Test It With a Milkshake

- Big servings prove nothing
- Add gradually and observe
- Find the ceiling, not the wall

COACH'S TIP Tolerance is found, not guessed.

Do Not Forget Your Medicines

- Some carry a small amount
- Prescription and over the counter
- Ask if you react to traces

COACH'S TIP NIDDK flags it for the sensitive.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

12 g of lactose tolerated by many, about a cup of milk

36% of people in the US have lactose malabsorption

4 oz Mayo's suggested starting serving of milk