



Dairy Digestion Just the Facts



WHY DAIRY NUTRITION?



Calcium



Protein



Potassium



Vitamin D

Together, the essential nutrients in milk help support healthy bones, muscle, blood pressure, and overall nutrition across every stage of life.

AM I LACTOSE INTOLERANT?

During digestion, the enzyme lactase breaks down lactose (the natural sugar found in milk) for energy. Each person produces a different level of lactase—people with lower levels may experience an upset stomach when they consume more lactose than their body can break down.

DIAGNOSIS Positive Hydrogen Breath Test

- Review your symptoms with a doctor
- Lactose intolerance may be a symptom of other conditions

Dairy foods have differing levels of lactose. Most people can experiment with dairy foods and find nutritious options that don't upset their stomachs.

No Lactose

• CHOOSE THE RIGHT PRODUCTS FOR YOU •

High Lactose



Lactose-Free Milk

Lactose: None
Milk with lactose broken down



Cheese

Lactose: None-Low
Hard cheeses have low or no lactose



Greek Yogurt

Lactose: Varies
Some varieties have less lactose than regular yogurt



Plain Yogurt

Lactose: Varies
Has live cultures that help your body break down lactose



Kefir

Lactose: Varies
Has live cultures that help your body break down lactose



Milk

Lactose: High
Try smaller portions to build up your tolerance

Lactase Enzyme Pills can be taken to supplement lactase the body produces.

DO I HAVE A DAIRY ALLERGY?

A dairy allergy is a rare and abnormal immune response to the protein in milk. People can experience allergy symptoms like skin rash, vomiting, or nasal congestion after consuming dairy foods.

DIAGNOSIS Positive Allergy Test

- Review your symptoms with a doctor

People with dairy allergies do not tolerate any dairy foods like milk, cheese, yogurt or ice cream because all dairy foods have dairy protein.



For more nutrition information visit—
eatsmart.org