

LACTOSE-FREE milk

IT (STILL) DOES A BODY GOOD

Lactose intolerant? That doesn't mean you can't continue to reap the benefits of a cold, refreshing glass of milk or other dairy products. See what keeping milk in your regular diet can do for your body (hint: it's good).

BENEFITS FOR **Bones** AND **Beyond**

Milk is chock-full of vital nutrients like vitamins and protein that are good for your entire body.

Ca
CALCIUM
30% DV



helps build and maintain strong bones and teeth; plays an important role in nerve function, muscle contraction and blood clotting

P
PHOSPHORUS
25% DV



works with calcium and vitamin D to help keep bones strong

A
VITAMIN
10% DV



important for good vision, healthy skin and a healthy immune system

**PRO
TEIN**
16% DV



helps build and repair muscle tissue; high quality with all essential amino acids

D
VITAMIN
30% DV



helps absorb calcium for healthy bones

B2
RIBOFLAVIN
25% DV



helps convert food into energy - a process crucial for exercising muscles

K
POTASSIUM
10% DV



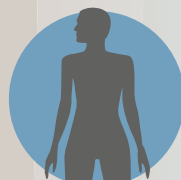
helps regulate the body's fluid balance and maintain normal blood pressure

B12
VITAMIN
20% DV



helps build red blood cells and maintain central nervous system

B3
NIACIN
10% DV



important for the normal function of many enzymes in the body

Source: MyPlate, MilkPEP, USDA National Nutrient Database, Hood®

National Dairy Council is not your health professional, and does not provide medical services or offer medical advice. It does not diagnose or treat actual or potential health problems. Content provided is solely educational and consultative in nature, helping individuals navigate health and diet-related issues, and is not intended in any way to replace the advice of licensed health care providers including, but not limited to, physicians, dietitians, physician assistants, nurses, or nutritionists. Please consult a doctor or other licensed health care provider with any questions or concerns you might have regarding your health or conditions.



NATIONAL DAIRY COUNCIL®

THE
HUFFINGTON
POST



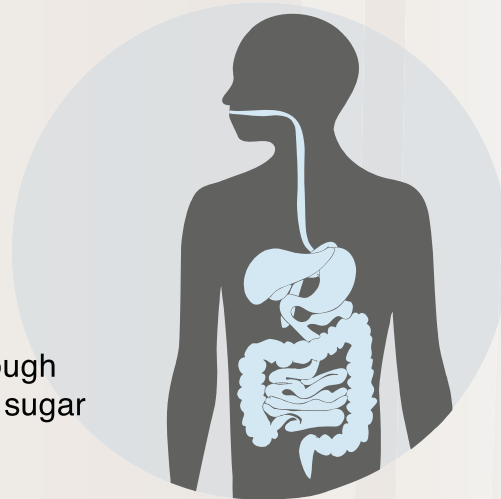
American Dairy Association
and Dairy Council

Brought to you by: American Dairy Association and Dairy Council, Inc.

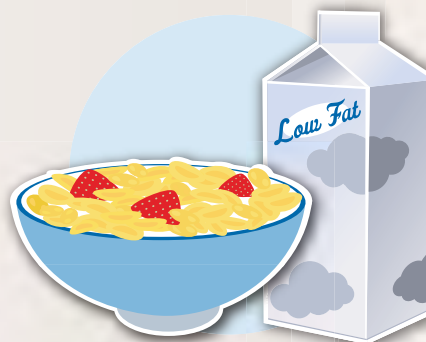
LACTOSE INTOLERANCE

Making the Most Out of Milk

People who are lactose intolerant don't have enough lactase, the enzyme that breaks down lactose (a sugar naturally found in milk), in their digestive system.

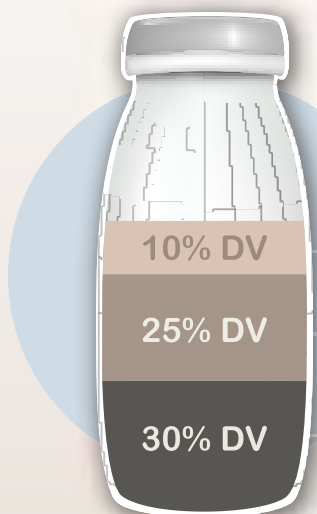


If you are lactose intolerant, it's still possible to eat dairy foods - the key is to learn what works best for you. There's an option to meet most needs in the dairy case ranging from lactose-free milk to natural cheese and yogurt.

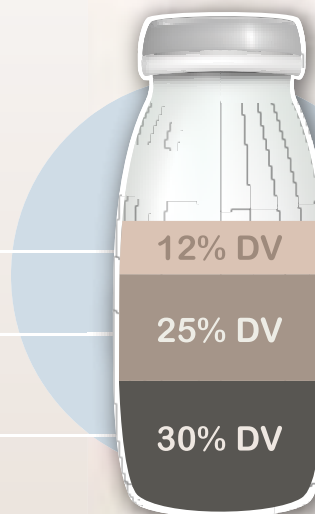


You can also mix milk with other foods. Blend with fruit, include in soups and cereal or drink milk with meals. Solid foods help slow digestion and allow the body more time to digest lactose.

LOWFAT (1%) milk



LOWFAT (1%) LACTOSE-FREE milk



Lactose-free milk is real cow's milk, just without the lactose. And it provides the same essential nutrients, including those that many people fall short on.

*nutritional content may vary by brand

Source: MyPlate, MilkPEP, USDA National Nutrient Database, Hood®

National Dairy Council is not your health professional, and does not provide medical services or offer medical advice. It does not diagnose or treat actual or potential health problems. Content provided is solely educational and consultative in nature, helping individuals navigate health and diet-related issues, and is not intended in any way to replace the advice of licensed health care providers including, but not limited to, physicians, dietitians, physician assistants, nurses, or nutritionists. Please consult a doctor or other licensed health care provider with any questions or concerns you might have regarding your health or conditions.



NATIONAL DAIRY COUNCIL®

THE HUFFINGTON POST



American Dairy Association and Dairy Council

Brought to you by: American Dairy Association and Dairy Council, Inc.