

Go for Yogurt!



Lactose intolerant? Don't give up *dairy*! Yogurt is naturally low in lactose.

dairymakessense.com





Lactose intolerant? Don't give up dairy!

- Enjoy easy-to-digest yogurt. It is naturally low in lactose.
- Try lactose-free milk which is real dairy milk without the lactose.
- Natural cheeses like Cheddar and Swiss are also low in lactose.

This recipe card is printed with permission by the Midwest Dairy Council.

Missouri Department of Health and Senior Services • 573-751-6204 • health.mo.gov/wic
An equal opportunity/affirmative action employer. Services provided on a nondiscriminatory basis.
USDA is an equal opportunity provider and employer.

