

LACTOSE FREE DOES NOT MEAN DAIRY FREE

Australian GPs have noticed a trend: many patients with lactose intolerance are eliminating dairy from their diet completely. This is due to a misconception that lactose equals dairy. But evidence shows many patients can still enjoy dairy foods, even with a lactose intolerance.

HELPING LACTOSE INTOLERANT PATIENTS ENJOY DAIRY

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.

CUT THE GUT CONFUSION

Visit dairyhealth.com.au to download free patient fact sheets on good gut nutrition.

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