

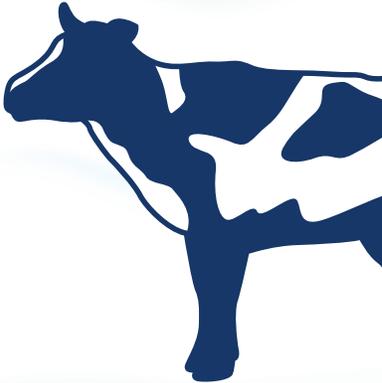


BUILDING HEALTHY BODIES WITH DAIRY

GET YOUR **DAIRY** DOSE OF DAIRY

| | | |
|------------|---|---------|
| AGE 2 | → | 2 CUPS |
| AGE 3 - 8 | → | 2½ CUPS |
| AGE 9 - 18 | → | 3 CUPS |

“Dairy” I ask, what counts as a cup?



1 CUP

MILK



1 CUP

YOGURT



1½ - 2 OZ

1½ OZ HARD CHEESE
CHEDDAR, MOZZARELLA, SWISS
OR 2 OZ PROCESSED CHEESE
AMERICAN



2 CUPS

COTTAGE CHEESE

BE TOLERANT OF LACTOSE INTOLERANCE

WHAT DOES IT MEAN TO BE
LACTOSE
INTOLERANT?



LACTOSE INTOLERANCE IS THE INABILITY TO DIGEST LACTOSE, THE NATURAL SUGAR AND MAIN CARBOHYDRATE FOUND IN DAIRY PRODUCTS.



DOES BEING LACTOSE INTOLERANT
MEAN THAT I CAN'T ENJOY DAIRY?

No!

LACTOSE INTOLERANCE IS DIFFERENT FOR EVERYONE. IT'S IMPORTANT TO CONSULT WITH YOUR DOCTOR AND A REGISTERED DIETITIAN FOR PROPER DIAGNOSIS AND SUGGESTED AMOUNT OF DAIRY CONSUMPTION IN YOUR DIET.

ARE THERE ANY **DAIRY FOODS?** LOWER IN LACTOSE?

- MOST HARD CHEESES ARE LOWER IN LACTOSE AND MAKE THEM EASIER TO DIGEST. EXAMPLES OF THIS ARE: CHEDDAR, COLBY, SWISS, MONTEREY JACK AND MOZZARELLA.
- YOGURT CONTAINS HEALTHY BACTERIA AND HELPS DIGEST LACTOSE. TRY GREEK YOGURT FOR EXTRA PROTEIN AND EVEN LOWER LACTOSE.
- LACTOSE FREE COW'S MILK IS A GREAT OPTION TO GET THE SAME VITAMINS AND MINERALS AS REGULAR MILK, JUST WITHOUT THE LACTOSE.



FOR MORE INFORMATION, VISIT
FLORIDAMILK.COM/IN-THE-SCHOOLS

