



3 things to know about lactose intolerance



It's not as common as you think.

Roughly 1 in 20 adults report having lactose intolerance, but many of them are self-diagnosed. Suspect lactose intolerance? Diagnosis is confirmed with symptoms and a few simple tests.

Patients can still enjoy their favorite dairy foods.

Many health experts agree that patients with lactose intolerance still need dairy's essential nutrients. Patients should start small to find what works for them:

- Mix dairy with other foods to slow digestion
- Enjoy yogurt with probiotics to help digestion
- Opt for aged cheese, which is naturally low in lactose
- Try lactose-free milk

Lactose-free milk still packs a nutritional punch.

It's real dairy with calcium, potassium, vitamin D and dairy's other essential nutrients – just without the lactose.





Low-Lactose Greek Yogurt Dressing



Ingredients

- ¼ cup fresh parsley
- 2-3 tablespoons fresh dill
- 2-3 tablespoons fresh chives
- 1 clove garlic
- 1 cup Greek yogurt
- ¾ cup mayonnaise
- 1½ teaspoons Worcestershire sauce
- ¾ cup lactose-free milk
- salt and pepper

Instructions

Combine parsley, dill, chives and garlic in a food processor; chop until finely minced. Blend in yogurt, mayonnaise and Worcestershire sauce. Slowly pour milk into the processor as it blends. Season with salt and pepper. Refrigerate in an airtight container until serving.

Find more lactose intolerance-friendly recipes at

DairyDiscoveryZone.com

