

Lactose Intolerance: How to Enjoy Dairy Foods with Confidence

Everyone tolerates lactose differently. The good news is there are a variety of lactose-free and lower-lactose choices that deliver on taste and nutrition.



Amount of Lactose per Serving From Lowest to Highest

Lactose-free Dairy Milk

1 CUP (8 OZ) SERVING

Lactose-free dairy milk is real milk, just without lactose.

0g



Butter

1 TBSP SERVING

Butter is made by separating milk from butter fat, so there are only trace amounts of lactose, if any.

<1g

Natural Cheeses

1.5 OZ SERVING

Due to the steps in cheese making and natural aging, natural cheese contains minimal amounts of lactose. Natural cheeses like Cheddar and mozzarella have less than 1 gram of lactose.

<1g



American Cheese

1 SLICE SERVING

American cheese is made from natural cheese, which contains minimal lactose.

1.2g

Ricotta Cheese

1/4 CUP SERVING

This soft, natural cheese contains minimal amounts of lactose.

1.9g



Cottage Cheese

1/2 CUP SERVING

Due to the steps in cheese making and curd separation, cottage cheese has a fraction of the lactose in milk. Lactose-free options are also available.

3.2g

Ice Cream

2/3 CUP SERVING

There are lactose-free dairy milk ice creams available.

3.9g



Greek Yogurt

3/4 CUP SERVING

There is less lactose in Greek yogurt because the straining process removes some of the lactose.

4.2g

Yogurt

3/4 CUP SERVING

The live cultures in yogurt help digest some of the lactose.

5.7g



Kefir

1 CUP (8 OZ) SERVING

The live cultures in fermented milk products help digest some of the lactose.

8.5g

Buttermilk

1 CUP (8 OZ) SERVING

Due to the steps in making buttermilk and its acidity, it naturally contains less lactose than regular milk.

9g



Dairy Milk

1 CUP (8 OZ) SERVING

Try small amounts of dairy milk in smoothies, on cereal or with meals. Having milk with solid foods helps slow digestion, which can mean it's better tolerated.

12.6g

Lactose content based on the Reference Amount Customarily Consumed (RACC) and data from FoodData Central: <https://fdc.nal.usda.gov/>. Accessed October 2022. Ricotta lactose content based on Facioni MS et al. 2020, Di Costanzo M et al. 2020 and Food Standards Australia New Zealand. Detailed data is on file and available upon request.