

Product: MG19432 LACTOSE INTOLERANCE

Product Size (H x W): 6" x 3.5"

Imprint Area: 1.01" x 3.25"

- Blue Dashed Lines indicate the bleed allowance.
- Orange Solid Lines indicate the die cut area.
- Yellow Dashed Lines indicate maximum imprint area for graphics and text that does not bleed.

Healthy Living with Lactose Intolerance

Try it.

Consider lactose-free milk and other dairy products. They are real milk products, just without the lactose, and provide the same nutrients as regular dairy foods.



Know Your Limit.

You can still eat foods with lactose, in moderation. Keeping a food diary should help you figure how much or how little lactose you can have.

Stir it.

Mix milk with other foods, such as soups and cereal; blend with fruit or drink milk with meals. Solid foods help slow digestion and allow the body more time to digest lactose.



Make Better Cheese Choices.

Top sandwiches or crackers with cheeses such as Cheddar, Parmesan and Swiss. These cheeses are low in lactose.



Learn to Love Yogurt.

Enjoy easy-to-digest yogurt. The live and active bacterial cultures in yogurt help to break down the lactose.

