

FUELING ESSENTIALS FOR THE LACTOSE INTOLERANT ATHLETE

- Lactose intolerance is a sensitivity to lactose, the sugar found in milk and other dairy foods.
- Lactose intolerance is an individual condition and there are tips to help people find how much lactose they can tolerate at one time.
- Before eliminating dairy, be properly tested for lactose intolerance by a doctor, as many other conditions can result in similar symptoms.



For advice on customizing a nutrition plan, consult a sports dietitian.

Dairy foods like milk, cheese and yogurt are nutrient-rich and a source of high-quality protein that can be beneficial to athletes. Use these tips to find which dairy options work best to help keep dairy in the diet.

TRY IT

Opt for lactose-free cow's milk products



SIP IT

Start small and introduce dairy slowly



STIR IT

Mix milk with other foods to help slow lactose digestion



SLICE IT

Choose natural cheeses (e.g. Cheddar, Swiss)



SHRED IT

Add natural cheeses to foods (e.g. Parmesan, mozzarella)



SPOON IT

Yogurt's live and active cultures help digest lactose

