

DAIRY FOOD <i>cow's milk based</i>	SERVING SIZE	LACTOSE GRAMS (g)	HELPFUL HINTS
Cow's Milk	8 oz.	12 g	Try small amounts of milk on cereal, in smoothies or with meals. Having milk with solid foods helps slow digestion which can mean better tolerance.
Lactose-Free Cow's Milk	8 oz.	0 g	Lactose-free cow's milk is another option – it is real milk, just without the lactose.
Yogurt (Low-fat, Plain)	6 - 8 oz.	12 - 16 g	While yogurt does have lactose, it is unique because its live and active cultures help digest the lactose, which can make it easier to tolerate.
Greek Yogurt (Low-fat, Plain)	6 - 8 oz.	6 - 8 g	There is less lactose in Greek yogurt because the straining process (provides the thick texture) removes some of the lactose. There also is the added benefit of live and active cultures to help digest the lactose.
Lactose-Free Yogurt/Greek Yogurt	8 oz. (1 cup)	0 g	There also are lactose-free cow's milk yogurt options – they are real yogurt, just without the lactose.
Natural Cheese such as Cheddar, Swiss, Mozzarella, Gouda, Colby, Monterey Jack, Provolone, Brie, Blue, Parmesan (Hard or Grated)	1.5 oz.	< 1 g	Due to the steps in cheese making and natural aging, natural cheeses contain minimal amounts of lactose.
American Cheese	2 oz.	1.25 g	American cheese, which is made from natural cheese, does not contain much lactose.
Cottage Cheese	1/2 cup*	3 g	Smaller amounts of cottage cheese do not contain much lactose. <i>*Note : If seeking an equivalent to a serving of milk this would be 2 cups of cottage cheese, which would increase lactose to 12 grams.</i>
Ricotta Cheese	1/2 cup	< 1 - 6 g	Ricotta cheese -- a soft, natural cheese -- also can contain minimal amounts of lactose.
Ice Cream	1/2 cup	14 g	There are lactose-free cow's milk ice creams available; they are real ice cream, without the lactose.
Butter	1 tsp.	< 0.1 g	Butter contains minimal lactose.
Cream (Liquid) as well as Cream Cheese (Whipped or Block)	1 tbsp.	< 1 g	Cream for coffee (or baking/cooking) and cream cheese both contain minimal amounts of lactose. (Note: Serving size can add up.)