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

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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.