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.