

# Lactose-Intolerant?

Here are some options with little to zero lactose

Fermented milk and probiotic dairy foods like Kefir, Acidophilus or probiotic milk, a cup yogurt, drinkable yogurt, and frozen yogurt (vs. ice cream) are easily digested by those with true lactose-intolerance. Also, aged cheeses contain very little or zero lactose.



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