

Many people with digestive sensitivity find that switching from fat-free / low-fat (1%) to whole milk (3.25% fat) allows them to enjoy milk again because the 8 grams of healthy fat in a glass of whole milk slows the rate at which the body absorbs the lactose, and there is a bit less lactose per volume. Another option is to look for niche brands of non-homogenized creamtop or creamline milk.



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