

# Lactose Intolerance:

## How to Enjoy Dairy Foods with Confidence

Everyone tolerates lactose differently. The good news is there are a variety of lactose-free and lower-lactose choices that deliver on taste and nutrition.

### Amount of Lactose per Serving From Lowest to Highest



#### Lactose-free Dairy Milk

1 CUP (8 OZ) SERVING

Lactose-free dairy milk is real milk, just without lactose.

0g



#### Butter

1 TBSP SERVING

Butter is made by separating milk from butter fat, so there are only trace amounts of lactose, if any.

<1g



#### Natural Cheeses

1 OZ SERVING

Due to the steps in cheese making and natural aging, natural cheese contains minimal lactose. Natural cheeses like Cheddar, mozzarella and Mexican varieties have less than 1 gram of lactose.

<1g



#### Ricotta Cheese

1/4 CUP SERVING

This soft, natural cheese contains minimal amounts of lactose.

1g



#### American Cheese

1 SLICE SERVING

American cheese is made from natural cheese, which contains minimal lactose.

2.1g



#### Cottage Cheese

1/2 CUP SERVING

Due to the steps in cheese making and curd separation, cottage cheese has a fraction of the lactose in milk. Lactose-free options are also available.

3.1g



#### Greek Yogurt

3/4 CUP SERVING

There is less lactose in Greek yogurt because the straining process removes some of the lactose.

4g



#### Ice Cream

2/3 CUP SERVING

Lactose-free dairy milk ice creams are also available.

4.8g



#### Yogurt

3/4 CUP SERVING

Live cultures in yogurt can help digest some of the lactose.

5.7g



#### Buttermilk

1 CUP (8 OZ) SERVING

Due to the steps in making buttermilk and its acidity, it naturally contains less lactose than regular milk.

8.5g



#### Kefir

1 CUP (8 OZ) SERVING

Live cultures in fermented milk products can help digest some of the lactose.

9g



#### Dairy Milk

1 CUP (8 OZ) SERVING

Try small amounts of dairy milk in smoothies, on cereal or with meals. Having milk with solid foods helps slow digestion, which can mean it's better tolerated.

12.3g

Mean lactose values based on the Reference Amount Customarily Consumed (RACC) and USDA FoodData Central SR Legacy and Foundation Foods data (accessed July 2026). Ricotta lactose content based on Facioni MS et al. 2020 and Di Costanzo M et al. 2018.