

# How to Tell the Difference Between Lactose Intolerance & Dairy Allergies

Though they have different causes, lactose intolerance and dairy allergies exhibit similar symptoms that can make it hard to tell them apart. Here are a few ways you may be able to differentiate intolerance from allergy.

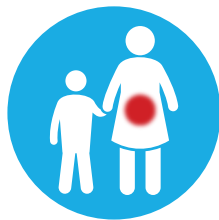
## Intolerance



Symptoms are solely digestive

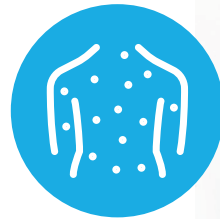


Symptoms are delayed 30 minutes to two hours



Symptoms develop as an adult

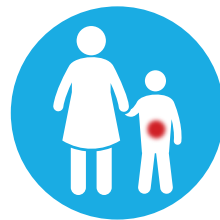
## Allergy



Symptoms include swelling, skin rash, or itchiness



Symptoms start within minutes



Symptoms appear while an infant or child

Many children outgrow milk allergies by age 5!

If you think you may have lactose intolerance or a dairy allergy, you should speak with your healthcare provider.

## If you have lactose intolerance **YOU CAN STILL ENJOY DAIRY!**

People who are lactose intolerant are missing some or all of the enzyme that breaks down lactose, a sugar found in dairy products, making them unable to fully digest dairy foods. Fortunately, there are still ways for those with lactose intolerance to enjoy dairy.

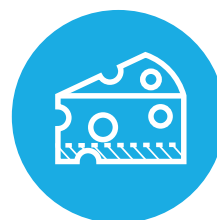
**1.** If you enjoy drinking milk, start with a small amount and increase it slowly over several days or weeks to determine the amount that works for you.



**2.** Switch to lactose-free milk. It's real milk with the same nutrients but without the lactose.



**3.** Stick to cheeses that are naturally low in lactose, like cheddar, colby, monterey jack, mozzarella, or swiss.



**4.** Many people with lactose intolerance are able to enjoy yogurt without symptoms because it contains live and active cultures that help digest lactose.



**5.** Try enjoying dairy with other foods, such as adding milk to cereal, serving cheese with whole grain crackers, or drinking milk with meals. This helps slow digestion, giving the body more time to process the lactose.

