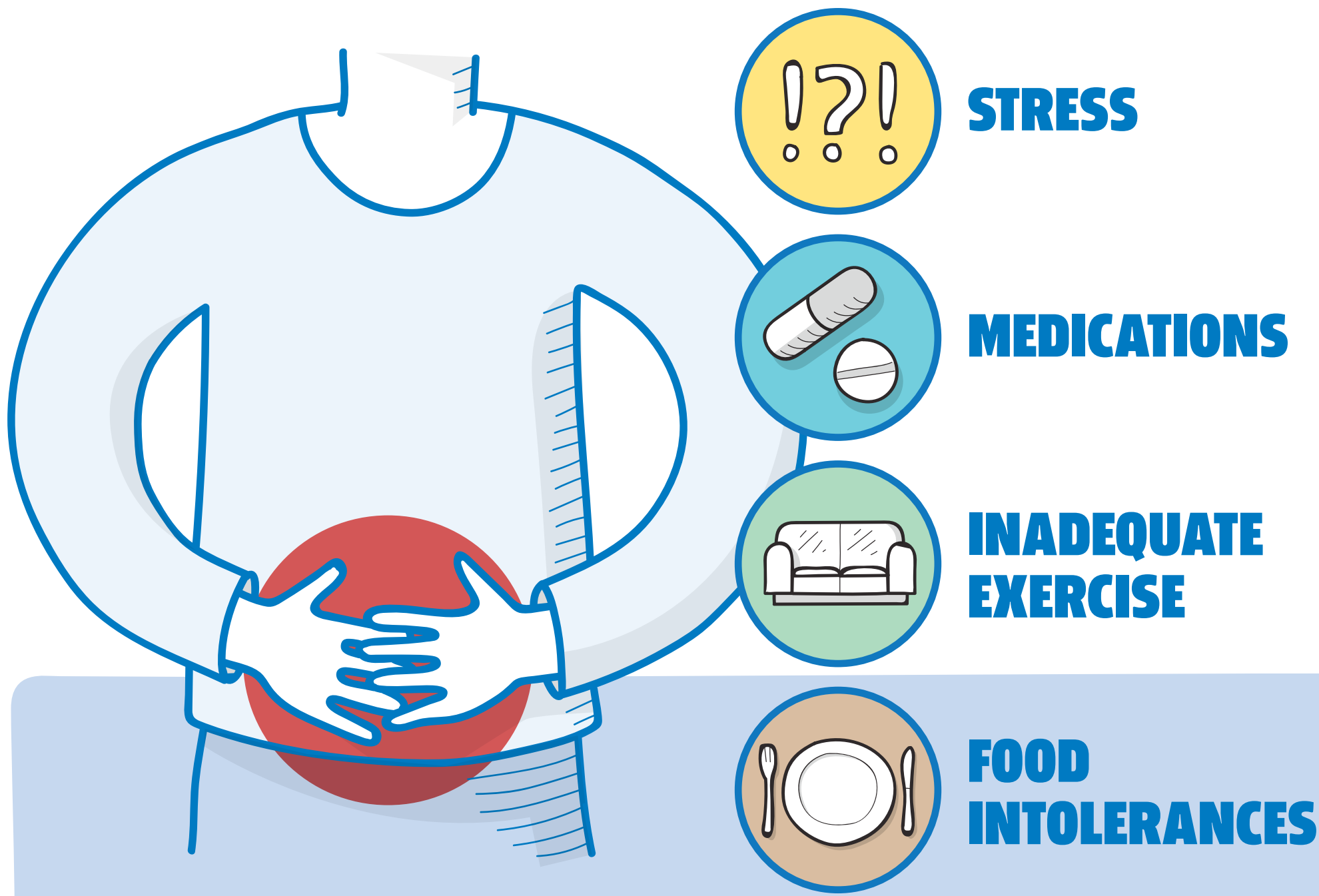


RETHINK REMOVING DAIRY

Digestive problems such as abdominal pain, bloating and diarrhoea can be caused by a number of factors



For symptom relief, people often unnecessarily cut out or limit **DAIRY FOODS** from their diet

DAIRY FOODS are an important source of:

CALCIUM
POTASSIUM
PHOSPHOROUS
MAGNESIUM



PROTEIN
VITAMIN A
RIBOFLAVIN
VITAMIN B12
ZINC

Milk, yoghurt and cheese can reduce our risk of:

HEART DISEASE

STROKE

SOME CANCERS

HIGH BLOOD PRESSURE

TYPE 2 DIABETES

RECLAIM THE DAIRY YOU LOVE

If you have cut out dairy foods completely, try a **21-DAY MILK-DRINKING INTERVENTION** to build up tolerance to dairy foods



WEEK 1

1/2 CUP of milk
twice a day
with meals



WEEK 2

2/3 CUP of milk
twice a day
with meals



WEEK 3

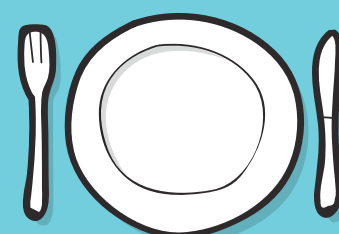
1 CUP of milk
twice a day
with meals

GET BALANCE BACK IN YOUR LIFE

If you are limiting dairy foods from your diet, find ways to **'DO DAIRY DIFFERENTLY'**



Spread your dairy intake over the day



Have dairy foods with meals



Have smaller amounts of dairy at a time

LACTOSE INTOLERANT? YOU CAN STILL ENJOY DAIRY

Australian Dietary Guidelines recommend:



Up to 250ml of milk in small amounts may be well tolerated



Most hard cheeses are virtually lactose-free

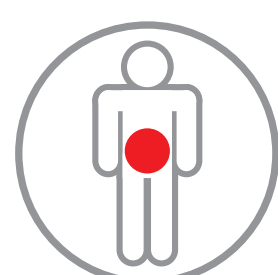


Yoghurt contains 'good' bacteria that helps to digest lactose



Lactose-free milks contain similar nutrients to regular milk

To find out more go to gutfoundation.com.au



THE GUT
Foundation

LEGENDAIRY

Dairy
Australia