

# THE DAIRY DIGEST

The latest insights on dairy nutrition and research



## Make the Grade With Milk



School is almost back in session and as school nutrition professionals, the meals you provide students this year will play a key role in setting them up for success in the classroom. [Research](#) shows students who participate in school meal programs have improved attendance, behavior and academic performance.

Real dairy milk is an important component of school meals, providing [13 essential nutrients](#) to build brains, bodies and bones. Offering a variety of options, including flavored and lactose-free milk, can help ensure more students benefit from nutrient-rich dairy.

Did you know lactose-free milk offers the same nutrients as regular dairy milk, just without lactose? It is still milk (one of the USDA meal components), not a milk alternative, and can be served for breakfast, lunch, afterschool snack, summer feeding, and supper programs. Here's a quick study guide to help you learn more about lactose intolerance:

### Know the Facts On [Lactose Intolerance](#):

- Lactose intolerance is not an allergy to milk. It is simply the digestive system's inability to break down the milk sugar in milk, lactose.
- Lactose intolerance [disproportionately affects Black Americans, Hispanic/Latino Americans, and Asian Americans](#).
- When it comes to nutrients, plant-based beverages often don't measure up to lactose-free real dairy milk--just compare the labels! Unless there is a milk protein allergy, lactose-free milk is a great option instead of non-dairy alternatives.
- Lactose-free real dairy milk provides the same 13 essential nutrients as regular milk, including 8 grams of high-quality protein and bone-building calcium and vitamin D.
- Most people with lactose intolerance can still enjoy some cheeses, yogurt, and lactose-free real dairy milk.



- Simple strategies like sip, slice, and spoon can help manage the symptoms of lactose intolerance.
  - **Sip:** Introduce small amounts of milk or foods made with milk to help reduce symptoms.
  - **Slice:** Include natural hard cheeses such as Cheddar, Monterey Jack, Gouda, and Parmesan. When milk is made into cheese, most of the lactose is removed.
  - **Spoon:** Choose yogurts with live, active cultures, which help to break down lactose.

**Download these free dairy education resources:**

- [Dairy Through the Lifespan](#)
- [Real Dairy Milk: There is No Alternative](#)
- [Lactose Intolerant? Things You Need to Know](#)
- [Lactose Intolerance: How to Enjoy Dairy Foods With Confidence](#)
- [Science Summary: Lactose Intolerance](#)

For more information on lactose intolerance as well as resources to help expand access to dairy for your students, visit [thedairyalliance.com](https://thedairyalliance.com).



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