



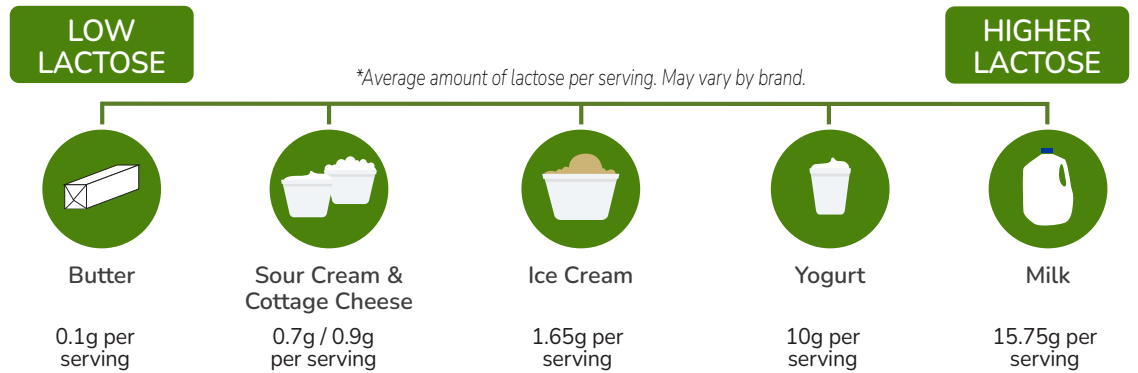
Enjoying Dairy with Lactose Sensitivity

Understanding the Degrees of Lactose

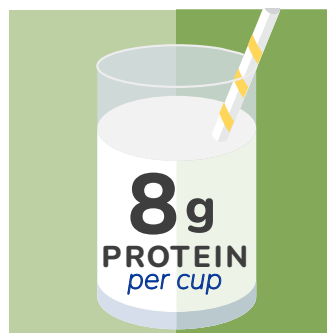
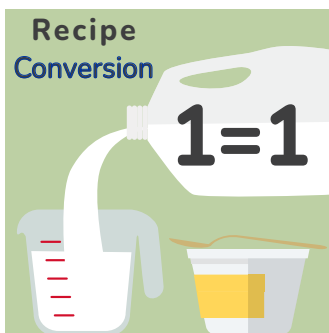
There are several ways to enjoy dairy without discomfort if you've been diagnosed with lactose intolerance. Depending on your level of sensitivity, you might still be able to enjoy some foods with very low levels of lactose, but you'll want to substitute lactose free products for the higher level ones.



A natural enzyme breaks down and removes the lactose



Cooking and Baking with Lactose Free Products



Whether cooking or baking, just substitute **equal amounts** of lactose free dairy products to the original ones. Prairie Farms lactose free milk, sour cream and cottage cheese will blend perfectly into all of your favorite recipes and deliver delicious results.

Our farm-to-table lactose free dairy products are guaranteed to be the highest quality and have the same 13 essential nutrients as our original milk.