

# LET'S CUT THE CONFUSION ON LACTOSE INTOLERANCE

## Lactose free does not equal dairy free

Australian GPs have noticed a trend among patients with lactose intolerance removing dairy entirely from their diet. There's a misconception that lactose equals dairy and people don't realise that dairy foods such as hard cheeses contain virtually no lactose and yoghurt contains good bacteria to digest lactose.

## CUT THE GUT CONFUSION

Giving the right nutritional advice matters for long term health outcomes.  
Visit [dairyhealth.com.au](http://dairyhealth.com.au) for resources for GPs and patients on good gut health nutrition.

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