

LACTOSE-FREE PRODUCTS

Product*	Serving Size	Calories	Protein (g)	Total Sugars (g)	Calcium (% DV)	Vitamin D (% DV)
MILK						
fairlife Fat-Free Ultra-Filtered Milk	1 cup (240 mL)	80	13 (26% DV)	6	30	25
Horizon Organic Lactose-Free Reduced Fat Milk	1 cup (240 mL)	130	8 (16% DV)	12	25	15
Lactaid Calcium-Enriched Low-Fat 1% Milk	1 cup (240 mL)	110	8 (16% DV)	12	50	25
Skim Plus Lactose-Free Fat Free Milk	1 cup (240 mL)	110	11 (22% DV)	16	40	25
Organic Valley Ultra Ultra-Filtered 2% Chocolate Milk	1 cup (240 mL)	160	13 (26% DV)	12	35	15
Slate Dark Chocolate Milk	1 cup (240 mL)	120	17 (34% DV)	9	35	25
YOGURT AND KEFIR						
Activia Strawberry Probiotic Lactose-Free Yogurt	4 oz (113 g)	90	4 (8% DV)	12	15	0
GoodBelly Probiotics Lactose-Free Low Fat Strawberry Yogurt	15.3-oz container (150 g)	130	11 (22% DV)	15	8	10
Green Valley Creamery Lactose-Free Plain Reduced Fat Greek Yogurt	$\frac{3}{4}$ cup (170 g)	90	16 (32% DV)	4	12	0
Green Valley Creamery Lactose-Free Organic Plain Low Fat Kefir	1 cup (240 mL)	130	11 (22% DV)	11	40	0
CHEESE						
Cabot Medium Yellow Cheddar Cheese	1 oz (28 g)	110	7 (14% DV)	0	15	0
Polly-O Low Moisture Whole Milk Mozzarella Cheese	1 oz (28 g)	90	7 (14% DV)	0	15	0
Président Brie Cheese	1 oz (28 g)	100	5 (10% DV)	0	10	0
Philadelphia Original Cream Cheese	1 oz (28 g)	100	2 (4% DV)	1	2	0
Green Valley Creamery Lactose-Free Cottage Cheese	$\frac{1}{2}$ cup (113 g)	110	12 (24% DV)	2	6	0
Lactaid Cottage Cheese	$\frac{1}{2}$ cup (113 g)	110	13 (26% DV)	4	8	0
ICE CREAM						
Beckon Vanilla Ice Cream	$\frac{1}{2}$ cup (99 g)	220	4 (8% DV)	18	6	6
Lactaid Vanilla Ice Cream	$\frac{1}{2}$ cup (71 g)	150	2 (4% DV)	12	8	0

SOURCE: COMPANY WEBSITES

* THIS LIST REPRESENTS A SAMPLING OF MANY LACTOSE-FREE AND LOW-LACTOSE PRODUCTS ON THE MARKET.