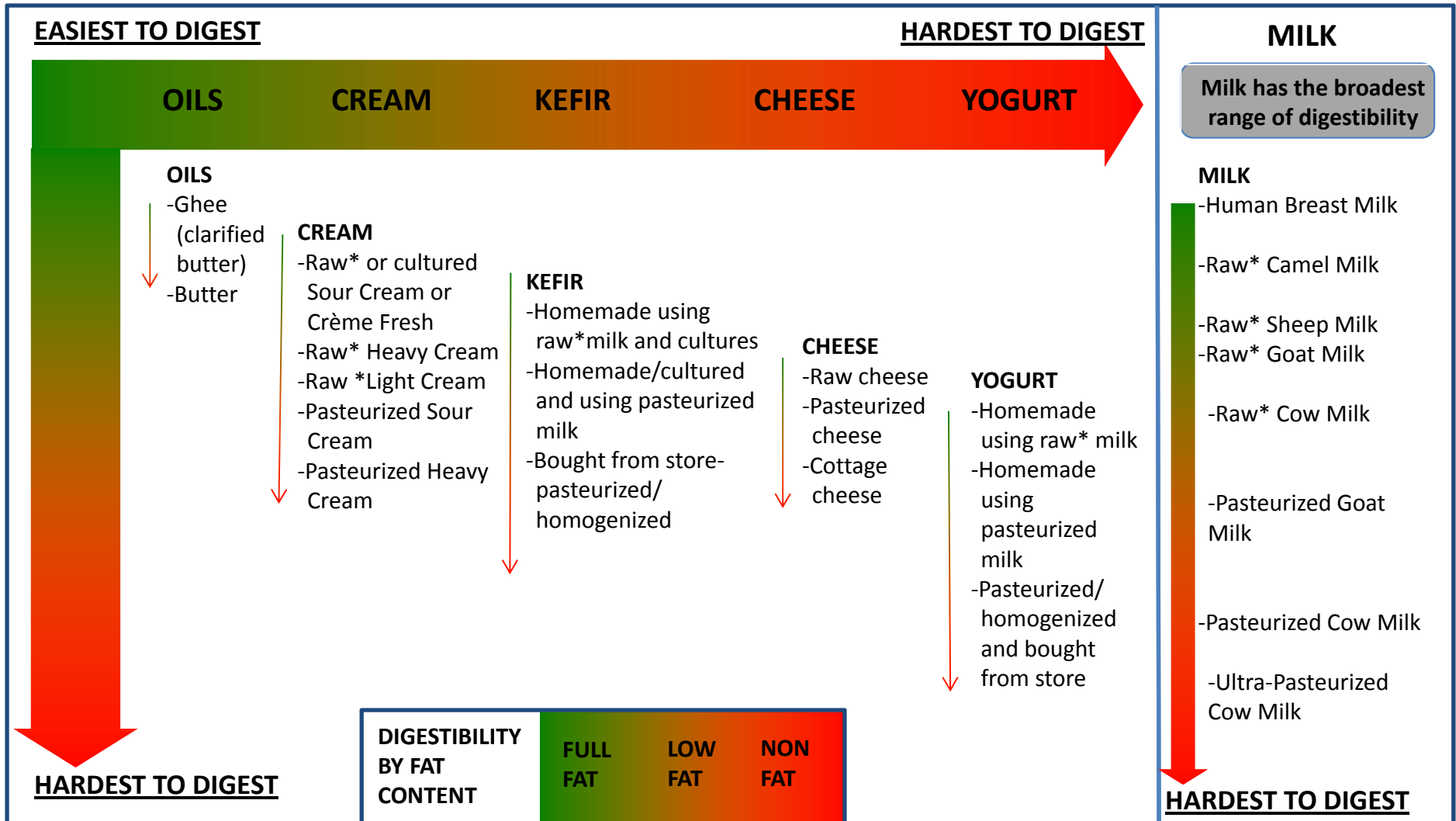


# DAIRY DIGESTIBILITY CHART

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If working to improve dairy intolerance, always pick foods from the top and left of the digestibility chart (as those are the most digestible) and work your way down and to the right gradually as tolerated picking the first food listed at the top of each category before moving down on the same category. **People with severe intolerance to pasteurized cow milk can often handle raw full fat cultured dairy without any trouble.**



\* Homemade quality [raw milk](http://www.realmilk.com), yogurt, kefir, and other dairy can be purchased through private farms and farm clubs throughout the country, and often can be shipped to you. Check [www.realmilk.com/where.html](http://www.realmilk.com/where.html) to search locations, or MyHealthyFoodClub.com in Miami-Dade, FL.