

Dairy dilemma: Which milk is right for you?

*****SOT*****

Noelle Park

OSF HealthCare dietitian

**“Those milks were really created for people who cannot tolerate cow’s milk for allergy and other reasons.”
(:07)**

*****SOT*****

Noelle Park

OSF HealthCare dietitian

“We have lactase pills that help in providing the enzyme to digest the lactose.” (:08)