

Dairy dilemma: Which milk is right for you?

Run time - :30

ANCHOR LEDE

Walk down any grocery aisle and you'll see varieties of milk. The drink can benefit our health, but when staring at the cooler, you may ask: which type is right for me? Is one healthier than another? Tim Ditman of OSF HealthCare has some answers.

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Noelle Park, a dietitian at OSF, says types of milk differ based on their ingredients and nutrients. Park says unless a health care provider has told you otherwise, any type of milk is good to try.

She also says there's a misconception that people who are lactose intolerant can't have milk.

\*\*\*SOT\*\*\*

Noelle Park

OSF HealthCare dietitian

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

I'm Tim Ditman.

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Benefits of milk include improved muscle mass and bone health.