

Dairy dilemma: Which milk is right for you?

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?

TAKE VO

Noelle Park, a clinical dietitian at OSF HealthCare, 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)

VO TAG

Benefits of milk include improved muscle mass and bone health.