

Generally speaking, milk is not recommended for adult cats, as many of them are lactose-intolerant, and have problems digesting it.

However, If your cat is not throwing up or having diarrhea, he or she is probably okay with it. Some experts advise that cream is better than regular milk if you must give it to cats, probably because cream has less lactose than whole or skim milk. But again, a small amount of skim milk seems to be okay for your kitty, so I wouldn't worry about it.

Also, recently, several new lactose-free milk substitutes for cats have been developed, such as [CatSip](#), which may also be found in some food stores and most large pet supply stores.