

# Lactose Intolerance

## What Is It?



- **Uncomfortable Gastrointestinal Symptoms (GI)**- gas, diarrhea, stomach/abdominal cramps, pain, bloating can be mild or severe, flatulence, nausea, vomiting
- **Inability to Breakdown Lactose (Sugar in Milk)**- to lactase (enzyme) that breaks down milk, shortage of lactase/enzyme in the small intestine
- **Enzyme**- develop as children-80% outgrow by age 6, begin to lose as we get older

## Information:

- **Milk**- loaded with calcium and helps with osteoporosis (brittle bones)
  - **Calcium**- juices fortified with calcium, broccoli, dried peas/beans, fish/salmon with soft bones, seafood, blackstrap molasses
  - **Milk Allergies**- breathing problems rashes, hives, nausea, vomiting, diarrhea, stomach cramps, nasal congestion, coughing, sneezing, itchy/red/watery eyes
- **AVOID**- Milk, Butter, Margarine, Yogurt, Luncheon Meats, Hotdogs, Sausage, Milk Chocolate, Processed meats, Cream Soups, Cream, Cheeses, Baked Goods, Salad Dressings, Caramel/Some Candies, Sour Cream, Sauces, Gravies, Mixes as Pancake, Biscuits, Cookies, ice cream, ice milk, sherbet, check all medications, casein/caseinate, lactate/lacto/lacta, hydrolysates, calcium with oyster shells
  - **Tolerance per Day**- 10 grams of lactose- 1/2c. ice cream= 4.5, 1/2c. whole milk= 5.5, 1/2c. low fat yogurt= 6, 2 pats butter= .1/margarine= .9, 1/2c. sherbet= 2
- **Easier to Digest**- yogurt, acidophilus milk, try cheddar or Swiss cheese (hard cheeses), lactose-reduced milk
- **Secondary to the Disease**- ulcerative colitis, regional enteritis, gluten-induced enteropathy, digestive diseases



## What Can I Do?

- **See your Health Care Provider**- about a lactase tablet, Calcium needs
- **Talk with a RD**- read labels, trial and error, never eat alone
- **See FFF RD on line**- for help as needed with Lactose Intolerance
- **Vitamin D**- 15 minutes of sunlight daily, eggs, liver

