## **Lactose Intolerance**

## What Is It?

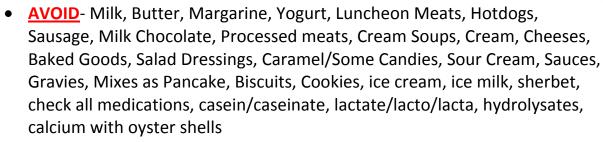
• <u>Uncomfortable Gastrointestinal Symptoms (GI)</u>- gas, diarrhea, stomach/abdominal cramps, pain, bloating can be mild or severe, flatulence, nausea, vomiting



- <u>Inability to Breakdown Lactose (Sugar in Milk)</u>- to lactase (enzyme) that breaks down milk, shortage of lactase/enzyme in the small intestine
- <u>Enzyme</u>- 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



- 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
- <u>Easier to Digest</u>- yogurt, acidophilus milk, try cheddar or Swiss cheese (hard cheeses), lactose-reduced milk
- <u>Secondary to the Disease</u>- ulcerative colitis, regional enteritis, gluteninduced enteropathy, digestive diseases

## What Can I Do?

- <u>See your Health Care Provider</u>- 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



