

# KNOW THE FACTS ABOUT LACTOSE INTOLERANCE



## Common Questions

### HOW DO I KNOW IF I'M LACTOSE INTOLERANT?

Being lactose intolerant means you have a hard time digesting the sugar (called lactose) naturally found in milk. Symptoms may include stomachaches, bloating, or gassiness, but these symptoms can have many different causes and could also be signs of other digestive conditions. Visit your doctor to be properly tested for lactose intolerance.

### AM I ALLERGIC TO MILK AND OTHER DAIRY FOODS?

Being lactose intolerant is not the same as having a milk allergy. A milk allergy is caused by a reaction to the protein in milk. This is different from lactose intolerance, which occurs when your body has a hard time digesting the natural sugar (lactose) in milk.

### CAN CHILDREN BE LACTOSE INTOLERANT?

Lactose intolerance is less common in young children. If you think your child is lactose intolerant, talk to your family doctor, pediatrician or dietitian before limiting their dairy intake. Milk and dairy foods provide essential nutrients like calcium, vitamin D and protein that are vital for growing bodies.

### I DRANK MILK WHEN I WAS YOUNGER. WHY AM I MORE SENSITIVE NOW?

Your body makes an enzyme called lactase to help digest the lactose in milk. As an adult, your body may be making less of this enzyme than when you were younger. However, you may still be able to enjoy the dairy foods you love.



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# 5 TIPS

to enjoy

# DAIRY

again

**GOOD NEWS** – Lactose intolerance is manageable so you won't miss out on the essential nutrients found in milk, cheese and yogurt. And remember, plant-based beverages do not contain the same nutrient package as real milk.

## Start enjoying your favorite dairy foods again:

**1. Choose lactose-free milk** and milk products. They are real milk products, just without the lactose, and provide the same great nutrients as regular dairy foods.

**2. Eat easy-to-digest yogurt** with "live, active cultures" to help digest lactose.



**3. Add naturally-aged cheese** like Cheddar, Colby or Swiss – which are low in lactose – to salads and sandwiches.



**4. Mix milk** with other foods such as cereal or soups. This helps give your body more time to digest lactose.



**5. Try small amounts of milk** or other dairy foods daily and slowly increase the amount over several days or weeks.



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