

Fall In Love with Dairy Again

Do you love the taste of dairy foods, but sometimes feel uncomfortable or bloated after having milk, cheese or yogurt? If so, there are a variety of tips that may help you enjoy the recommended 3 servings of low-fat or fat-free dairy foods every day – without experiencing discomfort. This is good news because the 2010 Dietary Guidelines for Americans (DGA) recognizes dairy foods as an important source of nutrients, such as calcium, potassium and vitamin D, for those with lactose intolerance.

Enjoy Dairy Again with These Tips:

SIP IT.

Start with a small amount of milk daily and increase slowly over several days or weeks to find the amount that works with your tolerance.



TRY IT.

Opt for lactose-free milk and milk products, like Lactaid. These real milk products have lower amounts of or zero lactose and provide the same nutrients as regular dairy foods. They also taste great!



STIR IT.

Mix milk with other food, such as soup or cereal; blend with fruit; or drink with meals. Solid foods help slow digestion and allow the body more time to digest lactose.



SLICE IT.

Top sandwiches or crackers with natural cheese such as Cheddar, Colby, Queso Blanco, Monterey Jack, mozzarella and Swiss. These cheeses contain <0.1 grams of lactose per serving.



SPOON IT.

Enjoy yogurt. Traditional yogurt and Greek-style yogurt that contain live and active cultures help to digest lactose.



FAST FACTS ABOUT LACTOSE-FREE AND OTHER DAIRY FOODS

A cup of milk has 12 grams of lactose. People with lactose intolerance can often enjoy these dairy foods without discomfort:

Lactaid® Milk, Low-fat, Lactose-free*	(1 cup) 0 g lactose ¹
Low-fat Cottage Cheese	(1/2 cup) 3 g lactose ²
Cheddar, Swiss, Mozzarella Cheese	(1 oz) <0.1 g lactose ²
American Cheese	(1 oz) 1 g lactose ²
Plain Greek-style Yogurt**	(6 oz) 4 g lactose ²
Plain, Low-fat Yogurt**	(6 oz) 13 g lactose ²
Select Hispanic Cheeses (Queso Blanco, Queso Fresco)	(1 oz) 1 g lactose ²

There is a variation in lactose content from product to product.

Lactose-free milk is real milk, just without the lactose! So, sip and enjoy the nutritional benefits of dairy, without unwanted discomfort. People like the taste of lactose-free milk more than some of the available non-dairy alternatives.³

A wide variety of lactose-free dairy products are available, including reduced-fat, low-fat and fat-free chocolate milk, yogurt, ice cream and cottage cheese. Ask if your supermarket has a registered dietitian on staff to help guide you to more options.

* Look for other lactose-free products including yogurt, cottage cheese and ice cream.

** Yogurt, plain and flavored, is often well tolerated by individuals with lactose intolerance because the live and active cultures help to digest the lactose.

Common Questions About Lactose Intolerance

What is lactose intolerance?

Lactose intolerance is one type of food sensitivity (not an allergy or disease). It is the result of not having enough lactase, an enzyme that digests lactose, the natural sugar in milk. People who are lactose intolerant may experience discomfort after consuming more lactose than their system can handle at one time.

How do I know if I'm lactose intolerant?

Gastrointestinal issues, such as stomachaches or bloating can sometimes occur in people who are lactose intolerant after digesting lactose. However, these symptoms have many different causes. Your doctor can help you determine if you are lactose intolerant or if your digestive discomfort is caused by something else. The hydrogen breath test is one way doctors help determine if you are lactose intolerant.

I used to drink milk all the time when I was a child.

Why am I more sensitive to dairy 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. This may make it more difficult to tolerate dairy.

If I am lactose intolerant, do I have to avoid all dairy foods?

Lactose intolerance is a very individual condition. Most people can continue to enjoy low-fat and fat-free dairy foods by drinking lactose-free milk, having small amounts of regular milk with meals or including natural cheeses, traditional yogurt or Greek-style yogurt in their diets.

Can't I get all the nutrients I need without dairy foods in my diet?

Health and nutrition experts recommend individuals with lactose intolerance try to keep dairy in the diet to help meet nutrient recommendations. The dairy food group (milk, cheese and yogurt) provides key nutrients such as calcium, potassium and vitamin D. It's difficult to get enough of these nutrients without dairy foods in your diet.

Can I consume whey protein if I'm lactose intolerant?

If you are lactose intolerant, or sensitive to lactose, you may be able to tolerate whey protein isolate, which contains very little lactose. The amount of lactose in whey protein concentrate is higher. As always, it is important to contact the manufacturer as lactose content can vary from product to product.

Is lactose intolerance the same thing as a milk allergy?

No, 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. Lactose intolerance indicates that your body has a hard time digesting the natural sugar (lactose) in milk. While people with milk allergies must avoid dairy, avoidance is not necessary for those who are lactose intolerant.

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 a registered dietitian. The American Academy of Pediatrics encourages children with lactose intolerance to consume dairy foods in order to get enough nutrients that are essential for bone health and overall growth.

These organizations support a dairy-first approach to lactose intolerance and the 3 daily servings of nutrient-rich, low-fat or fat-free milk or milk products, recommended by the 2010 Dietary Guidelines for Americans



(References)

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™



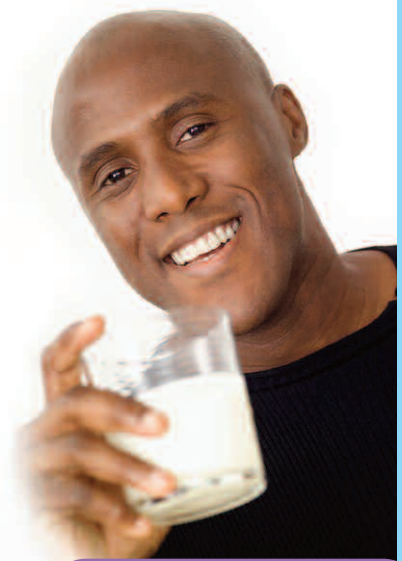
eat right. Academy of Nutrition and Dietetics



1 <http://www.lactaid.com/products/lowfat-milk-1-percent>. Accessed December 17, 2012.

2 USDA / ARS, Nutrient Data Laboratory, Standard Reference, 25. Accessed December 17, 2012. Lactose content varies by product and the lactose content of a specific product would need to be verified by a brand. Lactose content based on sugar content when lactose was not available.

3 Moskowitz HR, et al. J Sensory Studies. 2009; 24:731-748.



According to the 2010 Dietary Guidelines for Americans (DGA), Americans are falling short on vitamin D, calcium and potassium in their diets. Milk is the #1 food source of these nutrients and the DGA recommends increasing intakes of low-fat or fat-free milk and milk products to help fill these nutrient gaps.