




Lactose Intolerant?

Discover
how to
enjoy dairy!


Presenter Name
Presenter Title
Presenter Organization





Do you know the facts?

- ❑ What is lactose intolerance?
- ❑ What causes lactose intolerance?
- ❑ What are common symptoms?
- ❑ How do I know if I am lactose intolerant?
- ❑ How is lactose intolerance usually diagnosed?
- ❑ Why should dairy be a part of my diet?
- ❑ What can I eat and drink?
- ❑ Where can I get more information?



What is lactose intolerance?

It is a sensitivity to the sugar found in milk, called lactose.



.....
People that are lactose intolerant are unable
to fully digest the lactose in dairy foods.
.....



What causes lactose intolerance?

Lactose intolerance is a result of having only a small amount of the enzyme called lactase.

The enzyme lactase helps the body break down the sugar lactose for digestion.

The amount of lactase a person has is influenced by:

- ▶ Age and Genetics
- ▶ Ethnicity:
 - Prevalence increases among Asian Americans, African Americans, Native American Indians, and Hispanics
- ▶ Temporary effect of illness, medication, or gastrointestinal injury






What are common symptoms?

Gastrointestinal problems, which may include:
bloating, gas, abdominal pain, diarrhea, nausea

- * May not actually be lactose intolerance
 - * Symptoms are dose dependant
- * Not everyone will experience symptoms
 - * Individual symptoms may vary
- * May occur 30-120 minutes after consumption



How do I know if I
am lactose intolerant?

Talk to your doctor.



Avoid self-diagnosis...

- there may be a different cause for your symptoms
- you may needlessly remove dairy from your diet

How is lactose intolerance usually diagnosed?

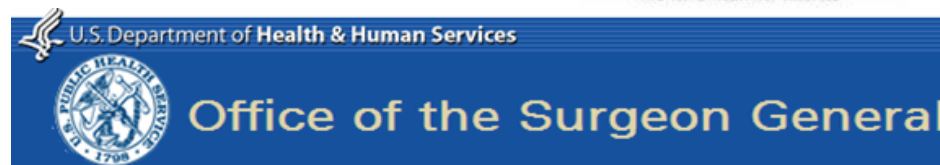
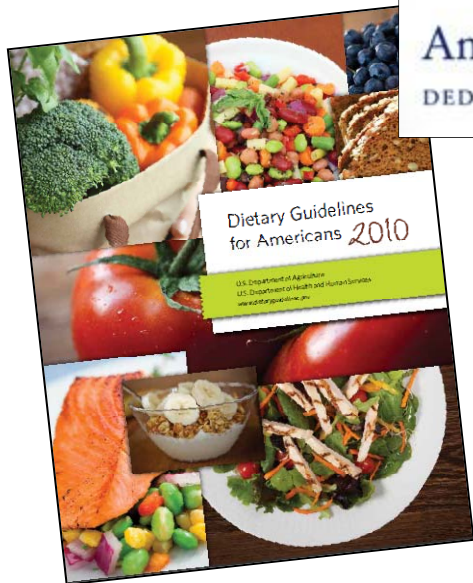


Physicians often use:

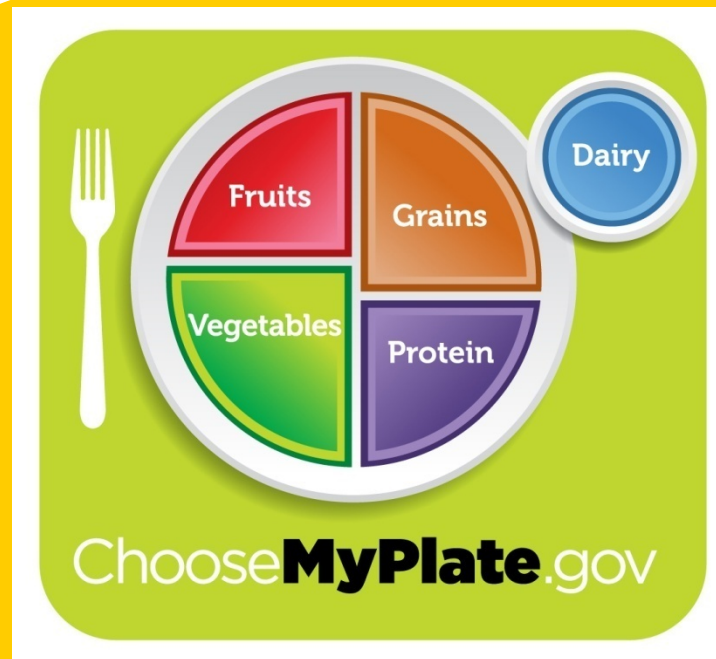
Breath Hydrogen Test

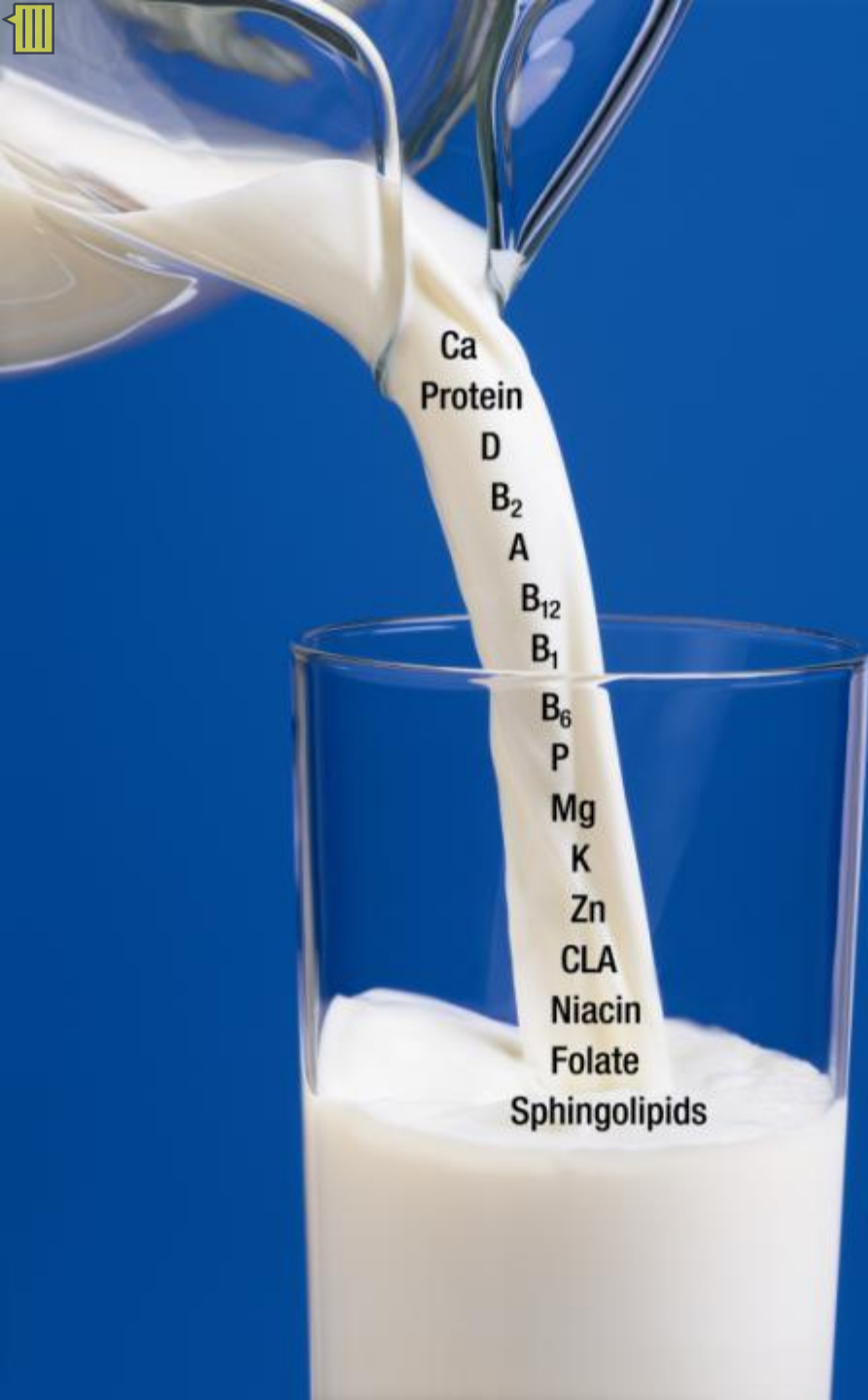
- ▶ Easy, noninvasive, and inexpensive
 1. Consume large dose of lactose
 2. Measure hydrogen levels in the breath

Several government and national medical organizations recommend *dairy foods* as the *first* option for individuals with lactose intolerance.



Why should milk, yogurt, and cheese be a part of my diet?





Milk, yogurt, and cheese are nutrient-rich

- Calcium (Ca)
- Protein
- Riboflavin (B₂)
- Vitamin B₁₂
- Phosphorous (P)
- Potassium (K)
- Niacin
- Vitamin A
- Vitamin D



Calcium and other nutrients available in dairy...

are critical for so much more than bones.

Dairy foods, when part of a balanced diet, may help *reduce chronic disease risk*

of:

- ✓ Hypertension
- ✓ Osteoporosis
- ✓ Obesity
- ✓ Colon cancer
- ✓ Kidney stones
- ✓ Type 2 diabetes

What can I eat and drink?

*Choose
Nutrient-Rich
Dairy.*



LACTOSE INTOLERANT?

Tips for keeping dairy in your diet:

Drink milk with food.

Aged cheeses like Cheddar and Swiss are low in lactose.

Introduce dairy slowly. Gradually increase the amount.

Reduce it. Enjoy lactose-free milk and milk products.

Yogurt with active cultures helps digest lactose.



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

American Dietetic Association
Your link to nutrition and health.™

National Medical Association

American Academy of Family Physicians



NATIONAL DAIRY COUNCIL®



Easiest

Moderately
Easy

More
Difficult



Ease of digestion

- ✓ Aged hard cheeses: Colby, Cheddar, Swiss, Parmesan
- ✓ Yogurt with live and active cultures
- ✓ Kefir
- ✓ Lactose-free milk

- ✓ Chocolate milk
- ✓ Ice cream and frozen yogurt
- ✓ Soft cheeses: Cottage, Feta, Ricotta

- ✓ Whole milk
- ✓ Reduced fat milk
- ✓ Lowfat milk
- ✓ Fat-free milk

3 Every Day of Dairy:

One serving:

➤ **Milk**

8 ounces = 1 cup



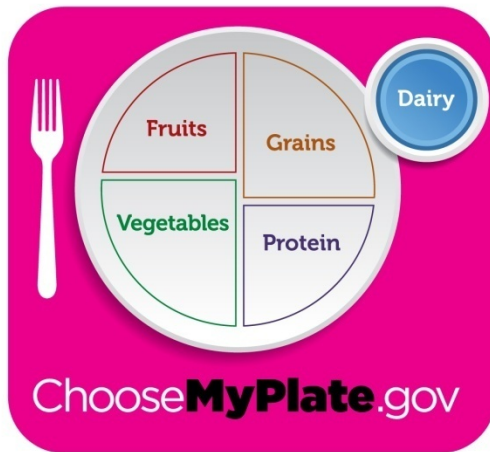
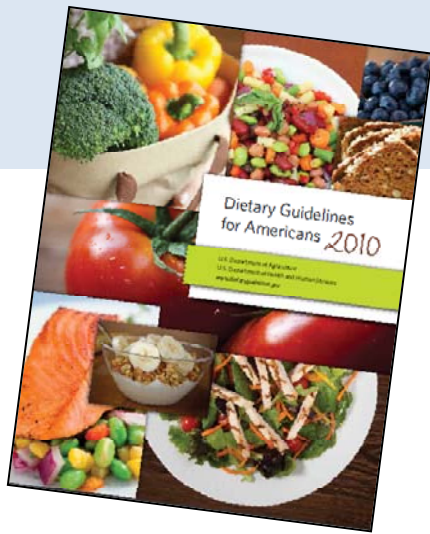
➤ **Cheese**

1 – 1 ½ ounces



➤ **Yogurt**

8 ounces = 1 cup





Tips to add dairy to your day...

- ❑ Start your day with a smoothie - fruit with yogurt or milk
- ❑ Add milk to your coffee
- ❑ Make hot cereal or soup with milk instead of water
- ❑ Top your omelet, salad, or pasta with shredded cheese
- ❑ Use plain yogurt instead of sour cream for more nutrition
- ❑ Refuel mid-afternoon with yogurt or string cheese
- ❑ Choose milk to drink with lunch and dinner
- ❑ Toss Parmesan cheese on your popcorn
- ❑ Warm up with hot chocolate milk
- ❑ Cool down with frozen yogurt or lowfat ice cream

For more information, check out these organizations:



American Academy of Pediatrics

Aap.org

American Dietetic Association

Eatright.org



Dietary Guidelines for Americans and MyPlate

Dietaryguidelines.gov

Choosemyplate.gov



National Dairy Council

Nationaldairycouncil.org

Office of the Surgeon General

Surgeongeneral.gov



Any
questions?



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