



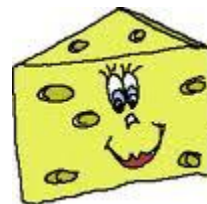
## Lactose intolerance



It is very common for people to confuse or not understand the difference between milk allergy and lactose intolerance. An allergy involves the immune system. Lactose intolerance involves other systems of the body. Approximately 30 million American adults have some amount of lactose intolerance by the age of 20. It is very common and is not dangerous.

Lactose intolerance is due to a lack of an enzyme needed to fully digest lactose, a type of sugar found in milk and other dairy products. It is not a true allergy to milk and will not cause anaphylactic type reactions (shortness of breath, wheezing, hives, swelling and closing of the throat). Bloating, cramping, diarrhea and excess gas are the classic symptoms associated with lactose intolerance.

A milk allergy is when your body mistakes milk or dairy products, usually the protein in them, for an invading parasite. The body will then produce antibodies to it and when you encounter any type of milk product, the antibodies sense it and alert the immune system. Histamines and other chemicals are then released into your bloodstream, leading to food allergy symptoms.



Lactose intolerance is often dose related. That means your body's system can handle a certain amount of milk products (lactose) without any problems, but if it is taken in an excessive amount your symptoms will occur. Some people with lactose intolerance can take small amounts of dairy at a time. While others can not tolerate any. Also, certain dairy products contain less lactose than milk and may be tolerated compared to plain milk.

An elimination diet is the easiest way to determine your sensitivity. First you remove all milk and dairy products from your diet for a 2-week period. This will allow your symptoms to clear and give your body time to adjust to not having any lactose. Then you will re-introduce dairy into your diet by controlled, small quantities. Start with 1 to 2 servings of a

dairy product per day for 2 to 3 days. If no symptoms occur, then gradually increase the amount and/or types of dairy products every 3 days. Once you begin to notice a return of your symptoms, you will have established where your lactose intolerance level begins.

**Milk is also listed on labels as:**

- 1) Casein
- 2) Lactalbumin
- 3) Sodium caseinate
- 4) Whey

**Common sources of milk:**

- 1) Ice cream
- 2) Yogurt
- 3) Cheeses
- 4) Puddings



Some milk products may be easier to digest. **Buttermilk, cheeses, yogurt** and **ice cream** are in this group. Goat's milk, soy or rice milk can also be substituted.

Removing milk products from the diet can lead to a shortage of calcium, Vitamin D, riboflavin and protein. Add other sources of calcium to your diet when you remove milk products. Your body needs between **1,200 to 1,500 mg of calcium a day**. Certain foods that have more calcium naturally are; **leafy greens, oysters, sardines, canned salmon, shrimp and broccoli**. You can also take calcium supplements or drink orange juice that contains added calcium.

Note: For those individuals that can not tolerate any or very minimal amounts of dairy products, there are alternative products available. You can use Soy, Goats or Almond milk and they also make lactose free milk. You can also take "Lactaid" (an over the counter pill) prior to consuming dairy. You must take one dose of "Lactaid" for every dairy serving you consume.