

## PATIENT INFORMATION

### LIVING WITH LACTOSE INTOLERANCE

Dairy foods are an important part of a well-balanced diet. They provide important nutrients like protein, riboflavin and calcium. However, if you suffer from lactose intolerance, it may be difficult for you to digest dairy products.

Lactose intolerance develops when the body does not specifically make an enzyme called lactase. Lactase is needed to break down lactose-the sugar found in milk. Without this enzyme, lactose remains undigested leading to symptoms such as gas, bloating, diarrhea and cramps.

#### TIPS FOR LIVING WITH LACTOSE INTOLERANCE

##### **1. Test Your Tolerance**

The amount of lactose you can tolerate is highly individualized. Start with a half a cup of milk and gradually increase this as long as you are symptom free. Also, try consuming milk with other foods. This slows down the digestive process which reduces the chances of discomfort.

##### **2. Try Yogurt**

Active cultures found in many yogurts contain an enzyme which digests lactose. Check the labels and try yogurt with "active cultures."

##### **3. Select Cheese**

The process of aging cheese removes most of the lactose. Aged hard cheeses like Cheddar, Swiss and Parmesan are the lowest in lactose. There are special lactose-free cheeses, but remember, cheese is high in fat.

##### **4. Choose Lactose-Reduced Milk**

This milk has about 70% less lactose than regular milk.

##### **5. Try Enzyme Supplements**

The lactase enzyme can be taken before you ingest milk or milk products. This enzyme can be purchased at your local pharmacy. It is sold under the brand names "Lactaid" or "Lactrase."

##### **6. Watch for Hidden Sources of Lactose**

Read labels on prepared foods. Ingredients which contain lactose are whey, milk, milk solids, dry milk solids, and nonfat dry milk powder.

## **FOODS CONTAINING LACTOSE**

While lactose intolerance is highly individualized, most people can tolerate 5-8 grams of lactose at each meal. This is equal the amount of lactose in 1/2 cup of milk.

### **LOW LACTOSE FOODS**                      **(0-3 GRAMS LACTOSE)**

Sherbet	1/2 cup
Cottage Cheese	1/2 cup
Aged Cheese (Swiss, Cheddar)	1-2 ounces
Processed Cheese	1 ounce
Sour Cream	2 tablespoon
Whipped Cream	1 tablespoon
Butter	1 teaspoon

### **MEDIUM LACTOSE FOODS**                      **(4-9 GRAMS LACTOSE)**

Ice Milk	1/2 cup
Goats Milk	1 cup
Pudding	1/2 cup
Ice Cream	1/2 cup

### **HIGH LACTOSE FOODS**                      **(10-20 GRAMS LACTOSE)**

Nonfat, Lowfat or Whole Milk	1 cup
Acidophilus Milk	1 cup
Butter Milk	1 cup
Chocolate Milk	1 cup
Yogurt	1 cup
Eggnog	1 cup