



Milk and milk products provide unique nutritional benefits.



Canada's Food Guide encourages all Canadians to drink skim, 1% or 2% milk each day.

Milk and milk products are more than calcium! They have:

- Vitamins
- Minerals
- Protein
- Many other nutrients for strong bones and teeth, as well as good health.

Milk and milk products are important for adults as well as children.



Enjoy milk and milk products without discomfort and get the nutrition you need!



For more information, call a nutrition educator at: 604-294-3775 or 1-800-242-6455
www.nutritioneducationbc.ca
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If I have lactose intolerance, can I still enjoy milk and milk products?

Yes!
Try these 'Tips' →

What is lactose intolerance?

Milk contains a natural sugar called “lactose”. Some people can’t digest large amounts of lactose at one time. This isn’t dangerous, but can cause gas, stomach bloating, or diarrhea.

Who can have lactose intolerance?

- It is most common in adults of First Nation, African, or Asian background.
- It can happen for a short time if you have stomach flu or diarrhea. It can also happen while taking certain medications (especially antibiotics).
- It is rare in young children.
- It is more common in older adults.

Tips to help you enjoy milk and milk products



Have small amounts of milk throughout the day instead of a whole glass at one time (60–125 mL or ¼–½ cup).



Try chocolate or other flavoured milk. They are digested more slowly by your body.



Drink milk with meals or snacks, not by itself.



Drink lactose-free milks such as Lactaid™ or Lacteeze™. You’ll find these milks in the dairy case at grocery stores.



Ask a pharmacist for "lactase" tablets or drops such as Lactaid™, Lacteeze™ or a generic brand. They work to break down the lactose in milk for you. Be sure to follow package directions when using these products.



Try yogurt. It contains live bacteria that help break down lactose.



Try mozzarella and aged cheeses like cheddar, swiss, blue, brie, etc. They contain almost no lactose.

Will I always have lactose intolerance?

- You may always have it, but the degree of lactose intolerance can change.
- If you have lactose intolerance while you are sick with stomach flu or diarrhea, it should go away when you get better.
- Many people can adapt to lactose by drinking milk in small amounts, or with food.



Studies show that most adults with lactose intolerance can drink up to 2 cups of milk in a day, especially if taken with food, or in small amounts throughout the day.

Could I be allergic to milk?

Lactose intolerance is NOT a food ALLERGY.

Milk allergies are rare in adults and affect a very small number of children. These children usually outgrow their allergy, and with a doctor’s OK, can often drink milk by age three.

If after eating or drinking any milk or milk products you have...

- a skin rash
- a hard time breathing
- diarrhea
- nausea and vomiting

...talk to your doctor. You may need to be tested for a milk allergy.