

# LACTOSE INTOLERANCE

## ❖ Am I lactose intolerant?

When you drink milk do you:

- feel bloated?
- have an upset stomach?
- have gas?
- have diarrhea?

Any of these symptoms may be signs of lactose intolerance.

If you are lactose intolerant, you don't have enough of the enzyme which breaks down the sugar (lactose) in milk. This is not the same thing as a milk allergy. If you are lactose intolerant, there are things you can try which may help you avoid the symptoms and still get the calcium you need.

## ❖ What can I do if I am lactose intolerant?

- Drink milk with meals or other snacks.
- Drink milk in small amounts ( $\frac{1}{4}$  –  $\frac{1}{2}$  a glass).
- Eat cheese – hard cheese contains very little lactose.
- Eat yogurt – many lactose intolerant people can tolerate yogurt.
- Drink heated milk.
- Drink chocolate milk.
- Drink LactAid® milk.
- Add skim milk powder to soups, casseroles, baking, etc.

*Canada's Food Guide to Healthy Eating* states that adults need 2 – 4 servings of milk products daily. (A serving is 250 mL of milk or 50g (1"x1"x3") of cheese.)

**My plan to include calcium:** \_\_\_\_\_

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