

Lactose Intolerance

Lactose intolerance is caused by a deficiency of a lactase enzyme, which digests milk sugar. Undigested lactose remains in the gut causing gastrointestinal discomfort. Lactose intolerance ranges in severity.

Symptoms

- Bloating
- Stomach Cramps
- Flatulence
- Diarrhea
- Nausea

Dietary Recommendations

- Reduce or avoid food and beverages containing lactose. These include milk, buttermilk, evaporated milk, condensed milk, powdered milk, cream, yogurt, cheese, custard, pudding, ice cream, cream sauces and sour cream.
- Read labels for foods containing lactose, such as bread, candy, cookies, cold cuts, hot dogs, processed meats, commercial sauces and gravies, dessert mixes, cream soups, some ready-to-eat cereals, frostings, chocolate drink mixes, salad dressings and sugar substitutes.
- Some individuals may tolerate small amounts of dairy products when taken with meals.
- Solid or semi solid milk products may be tolerated, such as yogurt and cheddar cheese.