

LACTOSE INTOLERANCE

- Lactose is a naturally occurring sugar found in milk and dairy products. In the body, it is broken down by the enzyme, lactase.
- People who are lactose intolerant produce some lactase, but not as much as those who are not lactose intolerant, so they experience digestive issues such as pain, bloating, wind and diarrhoea when they consume foods high in lactose.
- People who are lactose intolerant should follow a low lactose diet, but all dairy foods do not have to be eliminated. Small amounts of dairy spread across the day is usually well tolerated - the exact amount is unique to each individual.



Fresh fruit and vegetables, meat, seafood, eggs, legumes and grains are all naturally lactose free

Did you know?

- Lactose-free cow's milk is readily available from your local supermarket. It is simply cow's milk that has had lactase added to it to break down the lactose before you consume it.
- Yoghurt is low in lactose as the natural bacteria break down the lactose as it is sitting in the fridge. You can also buy lactose-free yoghurt.
- Hard and matured cheeses are naturally low in lactose. Try parmesan, cheddar, brie, mozzarella and feta.



Top tips for managing a low lactose diet

- Dairy foods are an important source of bone-strengthening calcium, so it's important you do not exclude them. Opt for lactose free milk and spread other dairy foods evenly across the day, rather than eating a large amount of dairy all at once.
- Calcium-fortified alternatives like soy milk and soy yoghurt can contribute significant amounts of calcium to your diet. Look for at least 100mg calcium per 100g.
- Tinned fish with edible bones, almonds, leafy green vegetables and some brands of tofu are some non-dairy foods that provide small amounts of calcium.

Milk solids, non fat milk solids, whey and milk sugar can indicate hidden lactose in packaged products