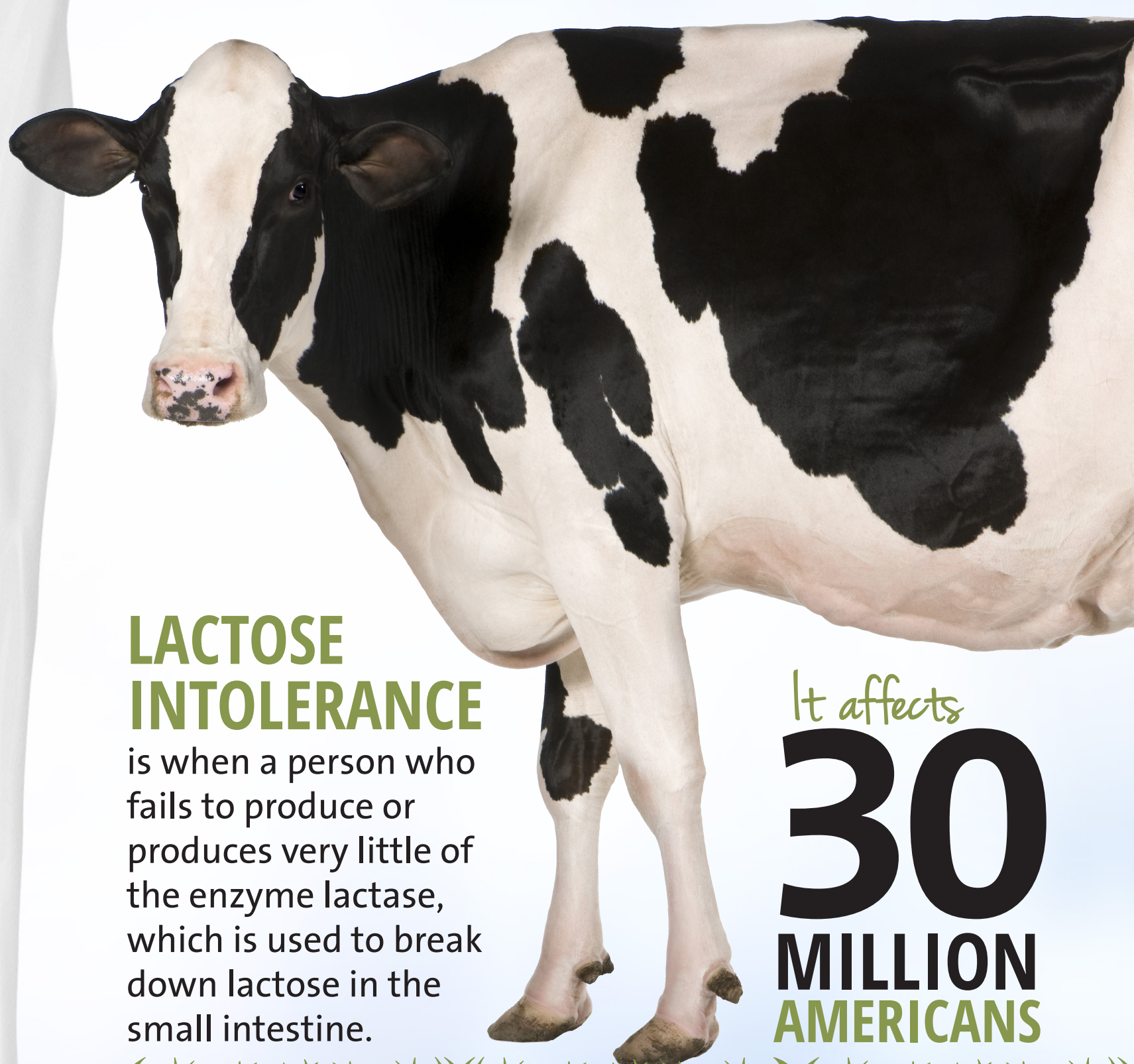


LACTOSE INTOLERANCE

The Udder Truth



LACTOSE INTOLERANCE

is when a person who fails to produce or produces very little of the enzyme lactase, which is used to break down lactose in the small intestine.

It affects
30 MILLION AMERICANS

The most common symptoms:

ABDOMINAL PAIN

CRAMPING

DIARRHEA

BLOATING

AND GAS

A diagnosis can be confirmed by two clinical tests such as a hydrogen breath test and a stool acidity test, both of which measure the amount of lactase present in the body.

Follow these steps
TO MAKE LIFE WITH LACTOSE INTOLERANCE A LITTLE EASIER:



LOOK OUT FOR LABELS

- Learn to properly read food labels.
- Many different food items that can contain lactose including frozen dinners, and even non-milk products such as beer.



DISCOVER YOUR LIMIT

- Avoid lactose products for two weeks and see if symptoms have gone away.
- Then slowly try reintroducing lactose products back into the diet to see how much can be tolerated.
- Those with low lactase levels may find they can drink small amounts of milk at a time.



KNOW WHAT YOU'RE LOSING

- The lack of milk in a person's diet can lead to a shortage of calcium, vitamin D, riboflavin and protein.
- Individuals need 1,000 to 1,500 mg of calcium each day.
- Calcium supplements with vitamin D can help as well as eating foods high in calcium such as:
 - LEAFY GREENS
 - CANNED SALMON
 - OYSTERS,
 - BROCCOLI
 - SARDINES