



ARE YOU SURE YOU ARE LACTOSE INTOLERANT ?

Have you removed milk and other dairy products from your diet because they upset your stomach? Check with your healthcare provider.



ABOUT LACTOSE INTOLERANCE

- To digest the lactose (a naturally occurring sugar in dairy products), our gut naturally produces an enzyme: lactase. Its activity is highest in infants, and can normally decrease with age, varying from person to person.

As a result, if the quantity of lactase is low, lactose digestion may be compromised. In this particular case,

undigested lactose can lead to annoying and painful digestive troubles such as flatulence, bloating, and sometimes disrupted transit.

- Lactose intolerance is not the same as the cow's milk protein allergy, usually detected in early childhood. This only affects 2% to 6% of infants and disappears in two-thirds of cases around the age of 2 or 3. Very few adults (0.1% to 0.5%) are allergic to milk.



3 KEY QUESTIONS



How can I confirm that I am lactose intolerant?

- Talk to your doctor. They can give you an objective and definitive diagnosis. If you have felt digestive problems after consuming milk or another dairy product, it is not necessarily due to the lactose. There are many other possible reasons: a food-borne disease, irritable bowel syndrome, intolerance to sugars other than lactose, and other causes.



Do I ensure a good calcium intake?

- Completely removing milk and dairy products from your diet may be dangerous in the long term for your bone health. Without dairy products, it is very difficult to satisfy 100% of your daily requirement of calcium, an ally in preventing osteoporosis.
- Talk to your healthcare provider. They will give you personalized advice to ensure you have adequate calcium intake while managing your lactose consumption throughout the day.



Why can I eat yogurt while I am lactose intolerant?

- Not all dairy products are the same when it comes to lactose content and some daily tips can aid their digestion while reducing or even eliminating symptoms. For example, consume small quantities of foods containing lactose, throughout the day, taking them only at mealtimes.
- Yogurt has the particular characteristic of being well tolerated by people who find lactose difficult to digest. Eating at least one yogurt a day gives you part of the calcium (15% to 20%) that your bones need each day throughout your life. Consider alternating different types of plain and fruit yogurts to make it more pleasant, and to take advantage of all their nutritional benefits.

Check with your healthcare provider, to secure the diagnosis and ensure a good calcium intake.

Sources

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