

# YOGURT PROVIDES A SOLUTION TO LACTOSE INTOLERANCE:

## FACTS TO KNOW

More than 25 years of research revealed why yogurt has a unique ability to manage lactose intolerance and so allows people to enjoy the benefits of dairy without fear of the typical symptoms of this problem.

Here are 5 facts you should know about yogurt and lactose intolerance, according to research presented at the **1<sup>st</sup> Global Summit on the Health Effects of Yogurt in Boston, USA<sup>(1)</sup>**.

### 1. PROBLEMS DIGESTING DAIRY PRODUCTS?



Being lactose intolerant means you can't digest lactose, the natural sugar found in milk and other dairy products. People who cannot digest lactose have a shortage of an enzyme called lactase, which is produced in the small intestine.

### 2. SPECIFIC LIVING CULTURES PRESENT IN YOGURT EXPLAIN ITS EFFECT ON LACTOSE DIGESTION

Yogurt bacteria also contain high levels of lactase. Bacteria pass through our stomach into the small intestine where they help break down lactose.



### 3. YOU CAN TOLERATE MUCH MORE THAN YOU THINK

The majority of adults and adolescents with diagnosed lactose intolerance can tolerate up to 12 g of lactose in a single dose with few or no symptoms and can tolerate even higher doses if intake is spread throughout the day<sup>(2,3,4)</sup>.



### 4. FRESH YOGURT IS BEST

100 million live bacteria / gram

Any yogurt labelled long-life or UHT has been heat treated after manufacture to give a long shelf-life and stability at room temperature. But the process kills the friendly bacteria, so the yogurt is no longer alive and the effect on lactose digestion disappears.

### 5. YOGURT HAS ITS OWN APPROVED HEALTH CLAIM IN EUROPE

«Live cultures in yogurt or fermented milk improve lactose digestion of the product in individuals who have difficulty digesting lactose.»



Based on several human studies, the *European Food Safety Agency* (EFSA) stated that a causal relationship exists between the consumption of live yogurt cultures in yogurt and improved lactose digestion in individuals with lactose maldigestion<sup>(5)</sup>.



#### Sources:

1. The First Global Summit on the Health Effects of Yogurt 2013, Experimental Biology meeting in Boston, USA, on 24 April 2013.
2. Heyman M.B., Pediatrics, 2006; 118(3): 1279-86.
3. EFSA Journal, 2010; 8(9): 1777-805.
4. Wilt T.J. et al., Evid Rep Technol Assess (Full Rep), 2010; (192): 1-410.
5. EFSA Journal, 2010; 8(10): 1763 [18 pp.].