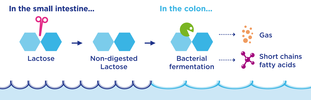
LACTOSE IS THE SUGAR NATURALLY FOUND IN DAIRY

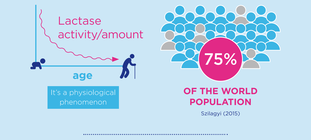
Milk	Yogurt	Low-fat hard cheeses
regular	regular	like cheddar
12 g of lactose (1 cup - 8 oz - 250 mL)	5 g of lactose (4.4 oz - 125 g)	traces of lactose (1.6 oz - 45 g)

LACTASE, AN ENZYME, USUALLY SPLITS LACTOSE INTO 2 SUGARS: GLUCOSE AND GALACTOSE

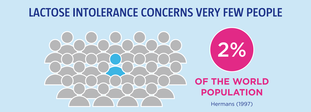
LACTOSE MALDIGESTION IS THE DIFFICULTY IN DIGESTING LACTOSE



LACTOSE MALDIGESTION IS DUE TO THE NORMAL REDUCTION IN THE ACTIVITY/AMOUNT OF LACTASE



LACTOSE INTOLERANCE IS LACTOSE MALDIGESTION THAT RESULTS IN SYMPTOMS



LACTOSE INTOLERANCE CONCERNS VERY FEW PEOPLE

HOW TO BE SURE YOU ARE LACTOSE INTOLERANT?

CONTACT YOUR DOCTOR; THE DIAGNOSIS CAN ONLY BE PERFORMED UNDER MEDICAL CONTROL, THANKS TO THE HYDROGEN BREATH TEST

CAREFUL OF SELF-DIAGNOSIS

1

Self-diagnosis is associated with more symptoms and poor perceived quality of life

2

These symptoms are not specific to lactose intolerance

3

NO NEED TO AVOID DAIRY FOOD

JUST ADAPT YOUR EATING HABITS

Avoid excess is a golden rule which remains valid for lactose maldigesters and intolerants

EFSA CONFIRMED: YOGURT IMPROVES DIGESTION OF LACTOSE

OTHER MEDICAL ORGANIZATIONS (NMA, NIH, FAO*...) RECOMMEND THAT LACTOSE MALDIGESTERS AND PEOPLE WITH LACTOSE INTOLERANCE CONSUME YOGURT

WGO* has put forth a similar statement, to consume fermented dairy products containing probiotics, with proven benefits on digestive health.

** WGO (the World Gastroenterology Organization), NMA (National Medical Association), NIH (the National Institutes of Health, a part of the U.S. Department of Health and Human Services), EFSA (the European Food Safety Agency) and FAO (the Food and Agriculture Organization of the United Nations)*

YOGURT IS ALSO A NUTRIENT-DENSE FOOD

Yogurt is a **convenient food for all**, and it represents a **good alternative to keep a balanced diet**.

References:

Adolfsson O, Meydani S, Yogurt and gut function. Am J Clin Nutr 2010;92:1043-56.
Bixby M et al. Lactose intolerance and health disorders among African Americans and Hispanic Americans: an updated consensus statement. J Natl Med Assoc 2010;102:10-27.
Bruno-Bossio H et al. Long-term ingestion of fermented dairy products and hypertension in the Framingham Offspring Cohort. Am J Clin Nutr. 2016;104:837-42.
Casellas F, Aparici G, Pérez M, J, Rodriguez P, J(2009) Perception of lactose intolerance impacts health-related quality of life. European journal of clinical nutrition.
Commission Directive 2006/141/EC of 22 December 2006 on infant formulas and follow-on formulas.
Commission Co, Codex standard for fermented milks. Food and Agriculture Organization United Nations Rome 2003:5-5.
Dairy Council of California. Dairy Foods and Digestive Health. Evidence-Based Review and Recommendations. Dairy Council of California. 2010.
Efsa Panel on Dietetic Products N, Allergies. Scientific Opinion on the substantiation of health claims related to live yogurt cultures and improved lactose digestion (ID 543, 2690, 2962) pursuant to Regulation (EC) 1924/2006. EFSA Journal 2011;9:2043-2043.
Food Nutrition Board, Institute Medicine. Food and Agriculture Organization of the United Nations. Milk and products in human nutrition. 2002
Gaucheron F. Milk and dairy products: a unique micronutrient combination. J Am Coll Nutr 2015;34:493-95.
Gerbaldo P et al. Prebiotics and probiotics in lactose intolerance and gastrointestinal functional disorders. Ann J Gastroenterol 997;92:881-4.
Lahtinen SJ et al. Short-term intervention with lactose-containing and lactose-free yogurts in lactose maldigestion. J NUTR 2010;140:1773-8.
Lomer MC et al. Lactose and minor symptoms in irritable bowel syndrome. J Gastroenterol Hepatol 2011;26:1354-60.
Misselwitz B et al. Lactose malabsorption and intolerance pathophysiology, diagnosis and treatment. United European Gastroenterol J 2013;1:151-9.
Nicklas TA et al. Milk and dairy consumption patterns and adiposity in children and adolescents. Int J Pediatr Obes 2011;6:267-75.
Nicolas N et al. Self-perceived lactose intolerance results in lower intakes of calcium and dairy foods and is associated with hypertension and diabetes in adults. Am J Clin Nutr 2014;99:157-65.
Pedersen A et al. Consumption of yogurt prevents the development of lactose intolerance. Br J Nutr 2000;84:495-502.
Suarez FL et al. A comparison of symptoms after the consumption of milk or lactose-hydrolyzed milk by people with self-reported severe lactose intolerance. N Engl J Med 1995;333:1-4.
Vesa TH et al. Lactose intolerance and abdominal discomfort in adolescents. The relationship to dairy product consumption, intestinal microbes, gastrointestinal symptoms. Scand J Gastroenterol 2000;35:114-9.
Vonk RJ et al. Lactose intolerance and the direct response to orally administered lactose in healthy adults. Am J Clin Nutr. 2002;76:18-22.
Webb D, Donovan SM, Meydani SN. The role of yogurt in improving the quality of the American diet and meeting dietary guidelines. Nutrition reviews 2016;73:361-9.
Wilder-Smith CH et al. Fermented milk products are not to blame for chronic digestive health. https://www.ncbi.nlm.nih.gov/pubmed/?term=%22Wilder%20Smith%20CH%22%5BAuthor%5D
Yogurt for broad lactose malabsorption? Rep 45, 2012.
Wyndham CD, Cook RC, Morrison RL. Conjugated linoleic acid implications for human health. Pharmacol Res 2004;4:503-10.

YOGURT NUTRITION
INITIATIVE FOR A BALANCED DIET

WGO
World Gastroenterology Organization