



## Managing Lactose Intolerance

Lactose is a sugar found in milk and milk products. It is also added to some processed and prepared foods like salad dressings. An enzyme called lactase is needed for your body to break down (digest) lactose.

Lactose intolerance happens when your body does not have enough lactase. Without this enzyme, or enough of this enzyme, your body does not break down all the lactose into smaller parts for digestion and absorption. The undigested lactose goes into your large intestine where it is fermented by bacteria causing symptoms such as: bloating, gas, cramping, nausea, diarrhea, weight loss (in children).

If you are lactose intolerant you may benefit from reducing the amount of lactose in your diet. Your symptoms depend on the amount of lactose you eat at one time and the amount of lactase enzyme in your body. *Lactose intolerance is not an allergy to milk.*

### Steps You Can Take

Most people with lactose intolerance can tolerate some lactose in their diet. If you do get symptoms, you can manage them using the following information.

- Eat small amounts of lower lactose-containing foods or beverages (60-125mL or 14-1/2 cup) with your meals.
  - cheese cottage
  - hard, aged cheese (cheddar, swiss, parmesan)
  - yogurt
  - chocolate milk
  - pudding
  - sour cream

- Choose lactose-free or foods low in lactose, preferably fortified with calcium, such as:
  - lactose-hydrolyzed milk (Lactaid, Lacteeze)
  - soy and rice beverages
  - casein or soy-based products in place of cheese
  - yogurts with live bacterial cultures or lactose-reduced yogurts
- Ask your pharmacist about lactose in your medications; it may not be listed on the label. Your pharmacist should be able to provide a lactose-free substitute.
- Try lactase enzyme drops or tablets. Tablets are taken before eating foods that have lactose. Enzyme drops can be added to milk before drinking.

**Special Considerations:**

Many foods that contain lactose are also important sources of calcium and vitamin D. If you avoid lactose-containing foods, you will need to find other sources of these nutrients.

**Calcium:** choose canned salmon (with the bones) and sardines, fortified soy and rice beverages, and calcium-fortified fruit juices. Talk to a registered dietitian if you are concerned that you are not getting enough calcium from food.

**Vitamin D:** lactose-free sources of vitamin D include fish, liver and egg yolks. For foods that have been fortified with vitamin D, choose lactose-free soy and rice beverages and non-hydrogenated margarine.

(Source : [www.dietitians.ca](http://www.dietitians.ca))



**Canadian ADHD Awareness Week** is celebrated from coast to coast, **October 14 to 21** to provide a voice to patients, their families and experts.

ADHD is the most under recognized, yet treatable psychiatric disorder in Canada. It is the most prevalent mental health disorder in children and it affects at least one million Canadians.

It's about time we lift the stigma! Please go on facebook at the following address to help the ADHD personalities to overcome the social stigmas that are faced day in and day out: <https://www.facebook.com/ADHDWeek>.

Visit the following websites to learn more about:

- Adult ADHD : [www.screeningforadultadhd.com](http://www.screeningforadultadhd.com)
- Children ADHD : [www.caddac.ca](http://www.caddac.ca)