

# The DAIRY solution to lactose intolerance

**W**HEN we hear the word "lactose", we often think of intolerance first.

But lactose intolerance is easily misunderstood. For one, it is not a milk allergy!

It is merely the inability to digest lactose – a type of sugar naturally found in milk and dairy products.

The body produces an enzyme called lactase to digest this sugar. But if you do not produce enough lactase, the sugar (lactose) ends up in your large intestine, where it starts to ferment. This can lead to bloating, gas, loose stools and stomach pain. If you are lactose intolerant, there are still ways to enjoy the goodness of dairy – just be smart about making it part of your diet.

Please consult with a medical professional for a professional evaluation if you suspect that you are lactose intolerant or have a milk allergy.



## Here's how you can tolerate lactose better



### SIP it

Have small amounts of milk and dairy at a time and space your intake throughout the day. Full-cream milk is tolerated better than low-fat or fat-free milk.



### SLICE it

Cheddar, Gouda and mozzarella cheese contain almost no lactose and are generally tolerated well.



### STIR it

Add milk to cereal or pap, stir plain yoghurt into soup or have cheese on bread. Combining milk or dairy products with other foods slows its digestion and helps to reduce possible discomfort.



### TRY it

Look out for lactose-free milk and dairy products in the shop.



### SPOON it

When yoghurt and amasi are made, some lactose already breaks down due to the fermentation process. Live cultures in these fermented dairy products also improve lactose digestion, making yoghurt and amasi ideal dairy choices if you are lactose intolerant.



AN INITIATIVE OF THE CONSUMER EDUCATION PROJECT OF MILK SA. FOR MORE INFORMATION ON THE HEALTH BENEFITS OF DAIRY, VISIT THEIR WEBSITE AT REDISCOVERDAIRY.CO.ZA.

Dairy products such as milk, amasi, yoghurt and cheese are a source of good-quality protein, calcium, potassium, vitamin A and zinc. In the unique composition of dairy, lactose helps your body to get the most out of these nutrients so that you can stay healthy and strong.

