



LACTOSE INTOLERANCE

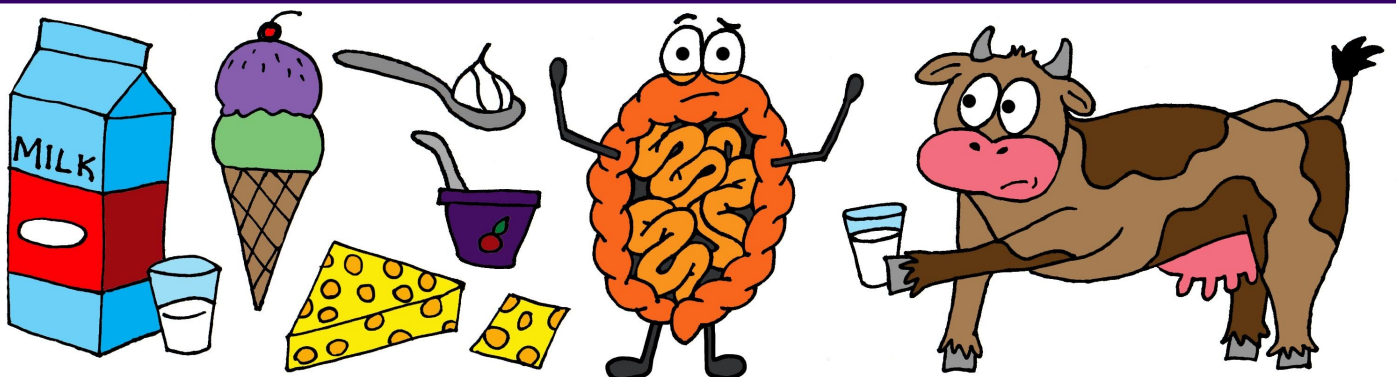
Lactose is the natural sugar in milk and many dairy products. Difficulty digesting lactose due to low levels of the lactase enzyme needed to break down lactose in the small bowel leads to lactose intolerance. This is a common problem and may make IBD symptoms worse. Lactose intolerance is seen more as people age.

Symptoms: cramping, bloating, gas, and/or diarrhea after consuming dairy products. Symptoms occur 30 minutes to 2 hours after eating foods that contain lactose. More than 80% of all adults can't drink over 6 ounces of milk without feeling these symptoms!

You may not need to cut out all lactose containing foods. Some people with lactose intolerance can eat some lactose containing foods by adjusting the amount, type and timing of the food.

TIPS

- Add new foods one at a time and decrease amount or eliminate if you develop symptoms
- Eat lactose containing food with a meal.
- If you cannot tolerate any lactose – make sure that you look for lactose on label of foods made from dairy products such as pudding, cream soups, etc.
- Look for lactose in prescribed medications – may need to check with pharmacist if you are having trouble.
- Lactose reduced milk is available in dairy section of most grocery stores and can be used in place of regular milk.
- Soy milk and rice milk are lactose free but may not contain calcium and vitamin D. Look at the label.
- Lactase enzyme supplements may help you tolerate lactose containing foods and are available without prescription in the pharmacy and the grocery store.



Common Lactose Containing Foods and Amounts

Lactose Containing Food	Serving Size	Amount of Lactose (grams)
Milk	1 cup	10 -12
Cheese	1 ounce	0-2
Cheddar	1 ounce	0
American, Swiss	1 ounce	1
Bleu Cheese	1 ounce	2
Ice Cream	½ cup	6
Ice Milk	½ cup	9
Sour Cream	½ cup	4
Cream Cheese	1 ounce	1
Yogurt*	1 cup	5-10

- Cultured yogurt contains some enzymes that may break down lactose and is usually tolerated by people with lactose intolerance.

If tolerated, dairy products are a good source of **calories, protein, vitamins and minerals**. The biggest dietary concern for lactose intolerant adults with IBD is the potential for poor calcium and vitamin D intake. You may require vitamin D and calcium supplements if you are not getting enough in your diet.

It's important to know that the severity of dairy restrictions varies, and most lactose intolerant patients' diets do not have to be completely dairy-free. Discuss your limits to dairy products and your calcium and vitamin D intake with your health care provider.

