

GUIDELINES FOR LIVING WITH A LACTOSE INTOLERANCE

Look at all food, beverage and medication labels thoroughly for ingredients before purchasing or consuming these products.*

Avoid products containing these ingredients: lactose, milk and milk products, casein, curds and/or whey.

Create a daily food diary to target and keep track of foods you become intolerant of.

Take an oral lactase supplement (i.e. Lactaid or Dairy Ease) before ingesting products containing lactose. You should carry these pills with you at all times. **

Orders your restaurant meals without cheeses and cream sauces. Ask questions if you are unsure of the lactose content. You should also make sure that anyone cooking meals for you is aware of your dietary restrictions.

Symptoms of lactose intolerance include abdominal cramping, bloating, gas and/or diarrhea usually occurring 30 min to 4 hours after ingesting lactose.

Eat and drink nondairy foods and beverages that contain a good source of calcium. These include green vegetables, carrots, dried beans, nuts, whole grains, fish, and orange juice with added calcium. There are also lactose free milks that can be purchased.

* The Milk Sugar Dilemma: Living with Lactose Intolerance by Martens and Martens ISBN 0-936741-01-5. This is a wonderful reference.

** Call **1-800-LACTAID** for free Lactaid samples and information.