

# MILK and LACTOSE INTOLERANCE

Milk and milk products provide unique nutritional benefits.



Studies show that some adults with lactose intolerance can drink up to 2 cups of milk in a day, especially if taken with food, or in small amounts throughout the day.



Milk and milk products are more than calcium!

They have:

- Vitamins
- Minerals
- Protein
- Many other nutrients for strong bones and teeth, as well as good health.

Milk and milk products are important for adults as well as children.



Enjoy milk and milk products without discomfort and get the nutrition you need!

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**nütion**  
Nutrition Education  
In Manitoba

Powered by the registered dietitians at Dairy Farmers of Manitoba

Are you lactose intolerant?

If I have lactose intolerance, can I still enjoy milk and milk products?

 Yes!  
Try these 'Tips' →

#### What is lactose intolerance?

Milk contains a natural sugar called "lactose". Some people can't digest large amounts of lactose at one time. This isn't dangerous, but can cause gas, stomach bloating, or diarrhea.

#### Who can have lactose intolerance?

- It is most common in adults of Indigenous, African, or Asian background.
- It can happen for a short time if you have a stomach flu or diarrhea. It can also happen while taking certain medications (especially antibiotics).
- It is rare in young children.

## Tips to help you enjoy milk and milk products



Have small amounts of milk throughout the day instead of a whole glass at one time.  
e.g. 60-125 mL or ¼-½ cup



Try chocolate or other flavoured milk.  
They are digested more slowly by your body.



Drink milk with meals or snacks, not by itself.



Drink lactose-free milks.  
You'll find these milks in the dairy case at grocery stores.  
Look for the words "LACTOSE-FREE" on the milk carton.



Ask a pharmacist for "lactase" tablets or drops.  
They work by breaking down the lactose in milk for you.  
Be sure to follow package directions when using these products.



Try yogurt,  
it contains live bacteria that help break down lactose.



Try mozzarella and ripened cheeses like cheddar, Swiss, blue, brie, etc.  
They contain almost no lactose.

#### Will I always have lactose intolerance?

- You may always have it, but the degree of lactose intolerance can change.
- If you become lactose intolerant while you are sick with a stomach flu or diarrhea, it should go away when you get better.
- Many people can adapt to lactose by drinking milk in small amounts, or with food.



#### Could I be allergic to milk?

Lactose intolerance is NOT a food ALLERGY.

Milk allergies are rare in adults and affect a very small number of children. These children usually outgrow their allergy, and with a doctor's OK, can often drink milk by age three.

If after consuming any milk or milk products you have...

- |                                      |  |
|--------------------------------------|--|
| <input type="checkbox"/> a skin rash | <input type="checkbox"/> a hard time breathing |
| <input type="checkbox"/> diarrhea    | <input type="checkbox"/> nausea and vomiting   |

...talk to your doctor. You may need to be tested for a milk allergy.