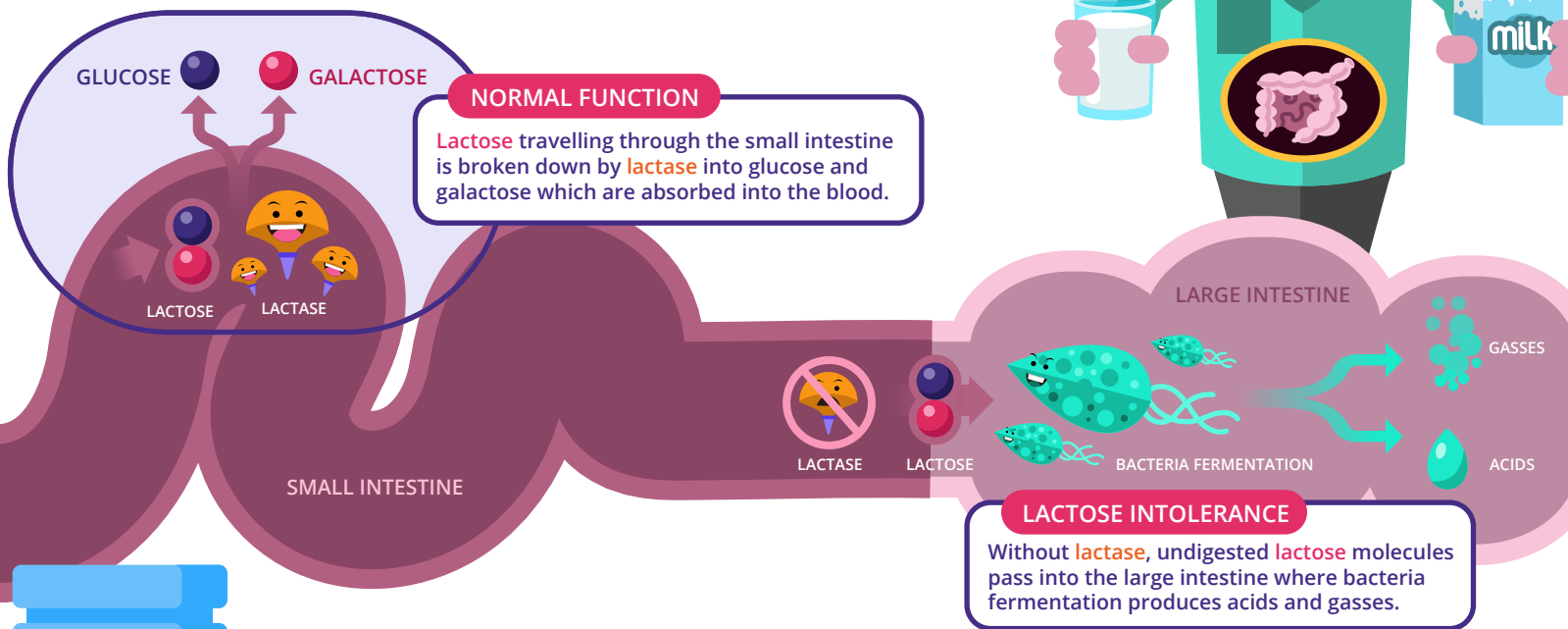


# Understanding Lactose Intolerance



## What is lactose intolerance?

Lactose intolerance is the **impaired ability to digest lactose, a sugar found in milk and other dairy products**. This happens when the body doesn't make enough **lactase** which is an enzyme that breaks down **lactose**, producing unwanted symptoms like stomach cramps, diarrhea, gassiness, bloating and nausea.



## Ways to treat lactose intolerance?

- 1 Taking a **lactase enzyme before you eat** foods that contain dairy may prevent the symptoms of lactose intolerance.
- 2 Lower the amount of **lactose in your diet** by
  - a) avoiding or lowering your consumption of dairy products.
  - b) choosing lactose-free alternatives that help you get back to the foods you love without the side effects.



|                        |           |                          |                    |   |   |                                    |
|------------------------|-----------|--------------------------|--------------------|---|---|------------------------------------|
|                        |           |                          |                    |   |   |                                    |
| REGULAR & LOW FAT MILK | CREAM     | REGULAR & LOW FAT YOGURT | SHERBERT ICE CREAM | PLANT BASED MILK SUCH AS SOYA, ALMOND, OAT AND RICE | SOYA OR COCONUT-BASED YOGURTS AND CHEESES | FOODS WITH THE "DAIRY FREE" SYMBOL |
|                        |           |                          |                    |   |   |                                    |
| SOFT CHEESES           | ICE CREAM | MILK CHOCOLATE           | LACTOSE-FREE MILK  | LACTOSE-FREE CHEESES                                | LACTOSE-FREE BUTTER                       | LACTOSE-FREE ICE CREAM             |