

# NUTRITION NEWS

## Living With Lactose Intolerance

(NAPSA)—Half the Hispanics in this country, along with most other people of color and a large number of European Americans, share something surprising. They're all lactose intolerant to some degree. Lactose is the predominant sugar in milk. When people consume more lactose than their bodies can digest, they may experience uncomfortable symptoms. For some of these people, even small amounts of milk-based foods can cause big problems.

Most cases of lactose intolerance develop gradually, with symptoms generally not appearing until the teen years, the early twenties or even later.

People with the problem tend to avoid dairy products entirely, but this can lead to a lack of calcium and vitamin D that can have serious health consequences. Fortunately, there are things you can do to cope with lactose intolerance:

- If you do drink milk, have it with some food and have less than a cup at a time.
- Get lactose-free and reduced-lactose alternatives to regular milk, such as soy products. Be aware, however, that not all contain the calcium and vitamin D milk does. A product called Vitamite 100 non-dairy beverage, in liquid or powder form, has all the calcium and vitamin D of real milk, but not the lactose. Also, like real milk, it can be used in cooking and baking.
- Consume flavored milks and yogurts with live, active cultures. Research shows they're better tolerated than plain milk.
- Check food labels and ingredients. If it says "whey," "lactose,"



**About half of all Hispanics have difficulty digesting dairy. Fortunately, they can get the nutrients and good taste of milk without the discomfort of lactose intolerance.**

"nonfat milk solids," "curds," "margarine" or "cream," it probably has lactose.

- Drink calcium-fortified juices.
- Eat cheese, particularly aged hard cheeses such as cheddar, Colby, Swiss and Parmesan. These tend to be lower in lactose than other varieties.
- Speak with your doctor. He or she may recommend lactase enzyme tablets or drops.
- Learn to cook milk-free. You can find recipes at [www.vitamite100.com](http://www.vitamite100.com).

For a free product sample and brochure, call 1-800-443-3930 or write to Diehl Specialties, 124 Clinton St., Dept. N-H, Defiance, OH 43512.