

LACTOSE INTOLERANCE

WHAT IS LACTOSE INTOLERANCE?

Lactose is a sugar that is found in milk and milk products. Being lactose intolerant means that your body is unable to effectively breakdown this sugar, leading to uncomfortable symptoms such as bloating, wind, diarrhoea and pain.

Many lactose free dairy products are now produced and are generally widely available in most supermarkets.

Below is a summary of food items that contain lactose and may illicit symptoms.

FOOD PRODUCT	ITEMS TO AVOID	SAFE OPTIONS
MILK	Cow's milk, goats milk, milk powder, malted milk.	Lactose free milk, soy milk, almond milk, rice milk, oat milk, Dairy based snacks eg. yogo etc
YOGHURT	Certain yoghurts contain higher lactose than other – discuss with your dietitian	Soy yoghurt, lactose free yoghurt, some regular varieties of yoghurt
CHEESE	Soft cheese, processed cheese, cottage cheese, cheese spread, cheesecake	Hard block cheeses, lactose free cheese,
OTHER ITEMS TO BE AWARE OF	Yoghurt coated muesli bars, items cooked with cheese based sauces, milk based protein supplements, baked goods containing custard. <i>Some medications</i> contain lactose – speak to your pharmacist or read the medication label.	

NOTE:

You may not need to eliminate all lactose from your diet in order to improve your symptoms, many people can tolerate small amounts of lactose containing foods each day.

IT IS ENCOURAGED THAT YOU STILL CONSUME 3-4 DAIRY PRODUCTS OR CALCIUM-RICH ALTERNATIVES PER DAY FOR CALCIUM AND BONE HEALTH.

TIP:

Lacteeze is a product that assists the body to breakdown lactose.

This can be used to minimise symptoms if you choose to consume a lactose containing product or when lactose free dairy options are not available such as when eating out.

This product is available from the pharmacy, talk to your dietitian for further information.

**TO DO A BREATH TEST, YOU SIMPLY BREATHE INTO THE ANALYZER AND IT GIVES A RESULT IMMEDIATELY.
CALL 9770 7189 TO ARRANGE A TEST OR TO FIND OUT MORE.**