

Lactose Intolerance: Keep Milk in the Mix

KEEP MILK AND NUTRITION ON THE MENU



Many people with lactose intolerance avoid milk and other dairy foods. But it turns out that **completely eliminating these nutrient-rich foods may not only be unnecessary, it could also impact diet and health**, according to the experts.¹ The good news is that management is possible.

MAKING MILK PART OF THE BALANCE

Research suggests that people with lactose intolerance can tolerate about one cup of milk (at least 12 grams of lactose) with no or minor symptoms.² Other ways to keep milk in the balance include:

- * Re-introducing milk into the diet gradually, to help manage symptoms
- * Drinking lowfat or fat-free milk (regular or flavored) with meals or a snack instead of on an empty stomach
- * Trying small, frequent portions



- * Buying lactose-free or lactose-reduced milk—which contain all the same nutrients as regular milk
- * Opting for yogurt and hard cheeses in addition to milk, since they may also be more easily digested

THE IMPORTANCE OF MILK

- * It's hard to meet nutrient needs without lowfat and fat-free milk and milk products in the diet. **Milk is packed with 9 essential nutrients**, including calcium, vitamin D, protein, potassium and other

nutrients that are **critical for bone health and beyond**. Consider these facts:

- * Milk is the top food source of three out of the four nutrients of concern for Americans – calcium, potassium and vitamin D
- * Many kids fall short of the recommended servings of lowfat milk each day (2 cups for kids ages 2-3, 2.5 cups for kids 4-8 and 3 cups for kids over age 9)
- * Without milk, it's hard for kids to get many of the essential nutrients they need
- * Milk is one of the most nutrient-rich foods served in schools today



AN 8-OUNCE SERVING OF MILK, FLAVORED OR NOT, GIVES KIDS AS MUCH...

- * **Vitamin A** as two hard boiled eggs
- * **Calcium** as 10 cups of raw spinach
- * **Phosphorus** as 1 cup of kidney beans
- * **Vitamin D** as 3/4 ounce of cooked salmon
- * **Riboflavin** as 1/3 cup of whole almonds
- * **Potassium** as one small banana

USDA National Nutrient Database for Standard Reference, Release 23
Nutrients included are either a good/excellent source in one 8-ounce serving of lowfat milk and lowfat flavored milk, and/or nutrients lacking in America's diets.

New Thinking on Lactose Intolerance

EXPERTS AGREE: THERE'S NO NEED TO SKIP MILK

Here's what the authorities say:

▶ A **National Institutes of Health** consensus panel on lactose intolerance concluded that many **people who avoid dairy due to real or perceived lactose intolerance fall short in two key nutrients, calcium and vitamin D**, which could put their health at risk.

The expert panel suggests that, in most cases, people do not need to eliminate consumption of milk and milk products completely.¹

▶ The U.S. Department of Agriculture and U.S. Department of Health and Human Services' **Dietary Guidelines for Americans 2010** encourage people with lactose intolerance to **try lower-lactose or lactose-free dairy options** to ensure they get the important nutrients found in milk and milk products.⁴

▶ The **American Academy of Pediatrics** recommends that children with lactose intolerance still consume dairy foods to help meet calcium, vitamin D, protein and other nutrient needs that are essential for bone health and overall growth. The group cautions that **lactose intolerance usually does not require avoidance of milk and milk products.**⁵

▶ Additionally, the **Special Supplemental Nutrition Program for Women, Infants and Children (WIC)** supports lactose-reduced or lactose-free milk as a first choice before non-dairy options for those with lactose intolerance.⁶



MORE FACTS ABOUT LACTOSE INTOLERANCE

Sometimes **lactose intolerance is confused with milk allergy, but they're different.**

Lactose intolerance is a body's limited ability, or even inability, to digest lactose – the sugar naturally found in milk. The symptoms can be managed with diet. Milk allergy is an immune system response, typically to a protein, that may require strict avoidance of milk products.

Lactose intolerance isn't common – especially in young kids.

As little as 12 percent of the U.S. population may experience lactose intolerance. In fact, only 7.7 percent of European Americans, 10.1 percent of Hispanic Americans and 19.5 percent of African Americans currently consider themselves lactose intolerant, according to one recent study.⁷

For additional school materials, visit milkdelivers.org/resources.



1. Suchy FJ, et al. NIH Consensus Development Conference Statement: Lactose Intolerance and Health. *NIH Consens State Sci Statements*. 2010; 27:1–27.

2. Shaukat A, et al. Systematic review: effective management strategies for lactose intolerance. *Annals of Internal Medicine*. 2010; 152:797–803.

3. USDA National Nutrient Database for Standard Reference, Release 23

4. U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.

5. American Academy of Pediatrics, Lactose intolerance in infants, children, and adolescents. *Pediatrics*. 2006; 118:1279–1286.

6. U.S. Department of Agriculture, Food and Nutrition Service. *Fed Regist*. 72 (234): 68966, 2007

7. Nicklas, TA, et al. Prevalence of self reported lactose intolerance in a multiethnic sample of adults. *Nutrition Today*. 2009; 44:222–227.