

Lactose Intolerance:

What Can I Eat?

- Limit the number of dairy foods at one meal.
- Replace fluid milk with cheese, yogurt, buttermilk, kefir, or acidophilus milk.
- Combine milk with other foods such as cereal, smoothies, or baked goods to slow down the stomach's emptying time.
- Use lactose-free milk, which is available at grocery stores in 2% and nonfat.
- Remember the degree of lactose intolerance varies from person to person.



Cow's Milk Allergy:

What Can I Eat?

- Become a food ingredient reader.
- Omit all dairy products including milk, cheese, yogurt, ice cream, and any food containing casein or whey.
- Drink calcium-fortified orange juice, rice, or soy milk.
- Substitute soy cheese, soy yogurt, tofu, and tempeh for dairy products.
- Eat other calcium rich foods such as broccoli, canned salmon, leafy greens, and legumes.

Snohomish Health District Mission Statement

To improve the health of individuals, families and communities through disease prevention, health promotion, and protection from environmental threats.



The Child Care Health and Nutrition Consultant offers consultations, presentations, STARS training and mealtime assessments to the child care community. These special services are designed to help child care providers ensure the health and safety of children in out of home care settings.

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CHILD CARE HEALTH

Cow's Milk Allergy or Lactose Intolerance?



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People often confuse the words "allergy" with "intolerance", especially when referring to milk. A milk allergy is very different from milk intolerance. Many factors can affect the body's reaction to milk, such as the amount of milk or milk product ingested at one time, how often the product is ingested, and the degree of a person's sensitivity to protein or lactose.



Milk allergy or lactose intolerance?

■ What is cow's milk allergy?

Allergy is an abnormal reaction to substances that are usually harmless. Some children have an allergic reaction to the protein in cow's milk.

■ What occurs?

Cow's milk allergy has many symptoms such as skin rash, cough, runny nose, asthma, vomiting or diarrhea. The allergy may lessen or even disappear as children grow older.

■ What can I do?

When cow's milk allergy is the problem, all milk products should be removed from the diet. It is important to read labels because milk is used in making many foods and may be listed as an ingredient using a different name other than milk.

■ What do I look for on a label?

Watch for milk, non-fat milk, milk protein, casein, sodium caseinate, whey and dried milk. They are all milk in some form. Watch out for non-dairy products, because they may contain whey and/or sodium caseinate.

■ What is lactose intolerance?

Lactose intolerance occurs when a person cannot digest lactose, the major sugar in milk. This happens because of the loss or absence of the enzyme, lactase. Lactase is an enzyme that breaks down lactose so it can be digested. Lactose intolerance is found more often in African Americans, Asians, and South Americans.

■ What occurs?

The symptoms of lactose intolerance occur most often two to four hours after drinking milk or eating a dairy product. Due to a deficiency of the lactase enzyme, the milk sugar goes undigested into the large intestine and causes symptoms. Lactose intolerance symptoms include stomach ache, bloating, gas, and diarrhea.

■ What can I do?

When lactose intolerance is the problem, milk should be limited. The degree of lactose intolerance varies with different people. Many people with lactose intolerance can eat cheese, yogurt, and ice cream or drink small amounts of milk without symptoms.



A child's doctor can help determine whether a child has a milk allergy or intolerance. Keeping track of the child's symptoms and when they occur may be necessary to give the doctor the information needed to make a diagnosis.

Milk and dairy products give us calcium, protein, B vitamins, and vitamins A and D. If dairy products are omitted from or limited in a child's diet, the diet could be lacking in these nutrients. It is important to get these nutrients from other foods.

Some insurance companies cover nutrition services for certain medical condi-