

DAIRY SENSITIVITY

What is lactose intolerance?

Lactose intolerance is the inability to digest a sugar called lactose that's found mainly in milk and dairy products. Normally, the small intestine produces an enzyme called lactase, which breaks down lactose into two simple sugars, glucose and galactose that can be absorbed into the bloodstream. People whose bodies don't make enough lactase can't fully digest lactose, causing mild to uncomfortable side effects.

What are some symptoms of lactose intolerance?

People who have lactose intolerance may get the following symptoms after drinking milk: upset stomach, gas, bloating and diarrhea.

Why do some people experience symptoms of lactose intolerance with only specific dairy foods?

Does it mean one is not lactose intolerant if they do not experience symptoms with all dairy foods?

The degree of lactase deficiency is different for everyone and so your sensitivity to each dairy food will be different. Some people who produce small amounts of lactase may be able to tolerate small servings of dairy products and other foods containing lactose. The LACTAID® Brand offers many lactose free products including milk, ice cream and cottage cheese, so you can still have the dairy foods you've always loved.

PRODUCT INFORMATION

Why LACTAID® products?

LACTAID® is the #1 Brand of Lactose-free Dairy Products. LACTAID® Dairy Products have all the same nutrients and protein as regular dairy, just without the lactose so there is no discomfort.

What products does LACTAID® offer?

The LACTAID® Brand has a range of products (all of which are made with 100% real dairy) including milk, cottage cheese and ice cream. In addition, they have LACTAID® Dietary Supplements that help make the other dairy foods you love easy to digest and come in caplet or chewable form. Visit www.lactaid.com for more information.

NUTRITION

How does LACTAID® break down the lactose in their products?

LACTAID® Products contain lactase, a natural enzyme that helps break down lactose—the sugar found in dairy foods like milk, ice cream or cheese—into two simple sugars (galactose and glucose) that are easily digested. If not properly digested, lactose can cause gas, bloating, cramps, and/or diarrhea. LACTAID® Products can help people who have a sensitivity to dairy due to lactose digest dairy products without discomfort.

Does LACTAID® Milk have all the nutrients of regular milk?

LACTAID® Milk is 100% real milk and contains all the same nutrients found in regular milk.

Why are some LACTAID® Milks calcium enriched?

All LACTAID® Milks have the same calcium levels that you would expect from regular milk. However, some LACTAID® Milk versions are calcium-enriched so that the daily requirement for calcium can be obtained with fewer glasses of milk. LACTAID® Calcium Enriched Milk contains a high-quality form of calcium (tribasic calcium phosphate).

How many milk or dairy servings should you and your family get daily?

1 serving of dairy = 1 cup (8 fl. oz.) of milk, 1 1/2 oz. of cheese or 8 oz. of yogurt. Children (ages 10+) and adults should get at least three servings of dairy, children up to age nine should get two servings of dairy daily.

PRODUCT USE

Can LACTAID® Products be used when pregnant or nursing?

LACTAID® Products may be used by anyone who has difficulty digesting the lactose in dairy foods. Pregnant or nursing women should always discuss diet, including dairy foods, with their doctor.

Is it safe to take LACTAID® Dietary Supplements daily?

Yes. LACTAID® Dietary Supplements contain a natural lactase enzyme and have an excellent safety profile. They are digested with the foods they are taken with and do not stay in the body. LACTAID® Dietary Supplements should be taken with the first bite or sip of dairy as directed on the package.

How often should LACTAID® Dietary Supplements be used?

LACTAID® Dietary Supplements can be taken every day with the first bite or sip of a meal that contains dairy. If you continue to eat foods containing dairy after 30–45 minutes, take another supplement.

Do LACTAID® Products contain gluten?

Most LACTAID® Dairy Products do not contain gluten. The only products that do contain gluten are LACTAID® Cookies & Cream Ice Cream and LACTAID® Berry Chocolate Crumble Ice Cream.

Are LACTAID® Products kosher?

All LACTAID® Products are kosher certified by the Orthodox Union and can be used year round, except during Passover.

TIPS FOR TOLERANCE FOR THE LACTOSE INTOLERANT INDIVIDUAL

TIPS	EXAMPLES
Lactose-free dairy foods are now widely available in stores	LACTAID® Brand Milk, Cottage Cheese and Ice Cream
Lactase enzyme supplements can be taken with the first bite or sip of dairy foods; repeat supplement if the meal lasts longer than 30-45 minutes	LACTAID® Dietary Supplements with first bite or sip of food
Dairy foods are best tolerated with protein and fat in the meal; this slows digestion long enough for the healthy nutrients to be absorbed	Have milk as part of breakfast, lunch, and dinner, not on an empty stomach
Slowly introduce dairy foods and consume with a meal	Slowly introduce dairy foods into your diet, and always with a meal. This will allow you to gauge how much lactose your body can handle. Dairy products contain key nutrients and should not be completely removed from your diet.
Add dairy to your favorite food	Try adding a small amount of milk to tomato soup or try yogurt-based fruit smoothies
Choose aged cheeses that naturally have less lactose	Try Cheddar, Colby, Swiss or Parmesan cheese; top a grilled turkey burger with a slice of cheese
Top healthy foods with shredded cheese	Salads or vegetables topped with shredded aged cheese
Try different flavors and types of yogurts on your favorite fruit, vegetable or cereal as a dip or dressing	Yogurt with fruit, yogurt with granola, yogurt-based salad dressing, yogurt dips

Modified From: National Dairy Council Lactose Intolerance Health Education Toolkit.

<http://www.nationaldairycouncil.org/EducationMaterials/HealthProfessionalsEducationKits/Pages/LactoseIntoleranceHealthEducationKit.aspx>.

The **LACTAID® Brand** has worked for over 30 years to introduce high quality products that help those with dairy sensitivity due to lactose enjoy the delicious taste of real dairy without a second thought. The LACTAID® product portfolio includes **milk, cottage cheese and ice cream**, all of which are 100% real dairy, just without the lactose.

LACTAID® Milk

LACTAID® Whole Milk	LACTAID® Calcium Enriched Whole Milk
LACTAID® Reduced Fat 2% Milk	LACTAID® Calcium Enriched Reduced Fat 2% Milk
LACTAID® Lowfat 1% Milk	LACTAID® Calcium Enriched Lowfat 1% Milk
LACTAID® Fat Free Milk	LACTAID® Calcium Enriched Fat Free Milk
LACTAID® Chocolate Lowfat Milk	
LACTAID® Egg Nog	

SRP: From \$3.19 to \$5.97, variable by product and package size

LACTAID® Cottage Cheese

LACTAID® Lowfat Cottage Cheese

SRP: 16 oz., \$4.29, price subject to change based on retailer

LACTAID® Ice Cream

New LACTAID® Mint Chocolate Chip Ice Cream
 LACTAID® Berry Chocolate Crumble Ice Cream
 LACTAID® Salted Caramel Chip Ice Cream
 LACTAID® Chocolate Ice Cream
 LACTAID® Vanilla Ice Cream
 LACTAID® Cookies & Cream Ice Cream

SRP: One quart, \$4.49

AVAILABILITY

You can find LACTAID® products at grocery stores and other mass merchandisers nationwide.

MORE INFO

Visit Lactaid.com for more information, including nutrition facts and retail availability.

