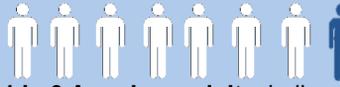




FROM MISPERCEPTION TO EMPOWERMENT: The Importance of Lactose Intolerance Education

Physicians and Patients:
A Missing Link


1 in 8 American adults believe they are lactose intolerant.¹

Yet, of those who believe they are lactose intolerant, **54% have not been diagnosed** by a health professional and **48% do not talk to a physician** about their symptoms.¹



Help Lactose Intolerant Patients Build Healthy Diets

Milk contains a **unique nutrient package** that includes calcium, potassium, phosphorus, protein, vitamins A, D and B12, riboflavin and niacin (niacin equivalents).² **Reducing consumption** of dairy foods due to concerns about lactose intolerance may **increase the risk** of several chronic diseases.⁴

The National Institutes of Health and the 2010 Dietary Guidelines for Americans agree it is **important for individuals – including those with lactose intolerance⁴ – to receive the health and nutritional benefits associated with milk and milk products**, and encourage consumption of dairy foods.³

Testing is Critical

Lactose intolerance is a highly individualized condition with a broad range of symptoms, varying from mild to severe, and can include abdominal pain, bloating, gas and diarrhea. These symptoms are similar to other digestive disorders, but a physician **can help determine if they are due to lactose intolerance** with a simple hydrogen breath test.

Personalized Approach

Once diagnosed, individuals should work with their physician and/or a registered dietitian to develop a personalized approach to **ensure they receive the full nutrient package** – and the health benefits – associated with dairy.^{3,4}



- Opt for lactose-free milk and milk products*, which offer the same nutrient package as regular dairy foods. These are real dairy products, with the lactose removed.
- Choose yogurt*, which is often easier to digest; the live and active cultures help to digest lactose.
- Try natural cheeses* with small amounts of lactose, such as Cheddar, Colby, mozzarella, Monterey Jack and Swiss.
- Start with a small amount of milk* daily and gradually increase until you find the amount that works with your tolerance level. Also, consuming milk with solid foods can help slow digestion, making tolerance easier.

These organizations support a dairy-first approach to lactose intolerance and the 3 daily servings of nutrient-rich, low-fat or fat-free milk or milk products, recommended for those 9 years and older by the 2010 Dietary Guidelines for Americans:



¹ The Hartman Group, Inc. Understanding Dairy Sensitivity, February 11, 2013.

² U.S. Department of Agriculture, Agricultural Research Service. 2012. USDA National Nutrient Database for Standard Reference, Release 25. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/nutrientdata>

³ U.S. Department of Health and Human Services and U.S. Department of Agriculture. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC: U.S. Government Printing Office, January 2011.

⁴ National Institutes of Health Consensus Development Statement NIH Consensus Development Conference: Lactose Intolerance and Health, February 22-24, 2010. Available at: http://consensus.nih.gov/2010/images/lactose/lactose_finalstatement.pdf.

*Choose low-fat and fat-free options, as recommended by the 2010 Dietary Guidelines for Americans