

# Creating Health & Nutrition Fact Sheets

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for the StrongWomen™ Program

## Nutrition Information

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Lactose is the naturally occurring sugar in milk. Some people cannot break down and absorb the components of this sugar. They are lactose intolerant. For them, eating foods with lactose can result in gas, cramps, and diarrhea. One in four Americans has problems digesting milk products.

If you suspect you are lactose intolerant, discuss this with your health care provider. Testing may help confirm this.

## Ways to Minimize Symptoms

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- Decrease portion size of dairy products. Most people can tolerate four ounces of milk in small amounts throughout a meal.
- Eat small amounts of dairy products throughout the day.
- Drink milk when you eat food; this slows digestion.
- Hard cheeses have less lactose; aged

## Lactose Intolerance



hard cheeses have the least.

- Eat yogurt with active cultures, which have their own enzyme that helps digest lactose.
- Use lactase enzyme products (e.g., Lactaid® or Dairy-Ease®).
- Use lactose-reduced foods such as Lactaid® milk.

If you can't tolerate any dairy foods, plan to get calcium and vitamin D in other ways. Consume fortified nondairy sources of these nutrients or take supplements as needed.

## Shopping Tips

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If you are lactose intolerant, consider the following products on your next trip to the supermarket:

- Lactose-reduced or lactose-free milk and other lactose-free dairy products
- Yogurt with active cultures
- Aged hard cheeses such as cheddar, Swiss, or Parmesan
- Lactase enzyme tablets
- Milk substitutes (e.g., soymilk) with added calcium and vitamin D
- Calcium-fortified cereal, orange juice, and other products
- Nondairy sources of calcium such as canned salmon with bones

## Tip

If dairy products don't agree with you, try calcium-fortified foods like orange juice.

## Tips Affecting Different Age Groups

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People are less able to digest lactose as they get older. They make less of the enzyme called lactase that breaks down the sugar. African American, Hispanic, Asian, and Native Americans are more likely to be lactose intolerant. People of Jewish or Mediterranean background are also often lactose intolerant.

Use lactose-free, lactose-reduced, fortified milk substitute for any recipe that uses milk as an ingredient, or take lactase enzyme tablets when you eat dairy foods. Try the recipe on the back for a tasty, lactose-reduced pudding.



## Examine Your Choices

Food	Source	What I buy	What I plan to buy
Example: Milk	Milk—good source of calcium and vitamin D	Juice and iced tea	Lactose-free milk

My Goal:

Prepared by Lois Killcoyne, Penn State Cooperative Extension educator, Northampton County

Sources: *Getting Along with Milk*, National Dairy Council, <http://www.nationaldairycouncil.org/>.  
*Eating Right Is Basic*, Lesson 10. Penn State Cooperative Extension, 1998.

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### *Yogurt Pudding*

Serving size: Makes 4 servings

#### **Ingredients**

- 1 cup plain yogurt
- 1 cup lactose-free low-fat milk
- 1 small package instant vanilla pudding mix

#### **Directions**

Mix all ingredients together. Beat until smooth and thickened. Refrigerate until ready to serve. Serve with fresh or canned fruit.

#### **Nutrient Information**

150 calories, 1 g total fat, 0 g saturated fat, 5 mg cholesterol, 420 mg sodium, 31 g carbohydrates, 4 g protein, 25 g fiber, 175 mg calcium

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