

LACTOSE INTOLERANCE



Lactose intolerance is a digestive disorder in which the body is unable to properly digest lactose, a type of sugar found in milk and dairy products

Symptoms

- Abdominal pain and cramps
- Bloating and gas
- Diarrhea
- Nausea
- Vomiting
- Rumbling sounds in the abdomen

Causes



1. Primary Lactose Intolerance

- Most common type of lactose intolerance.
- Occurs when the body naturally reduces its production of lactase after weaning off breast milk or formula during infancy.

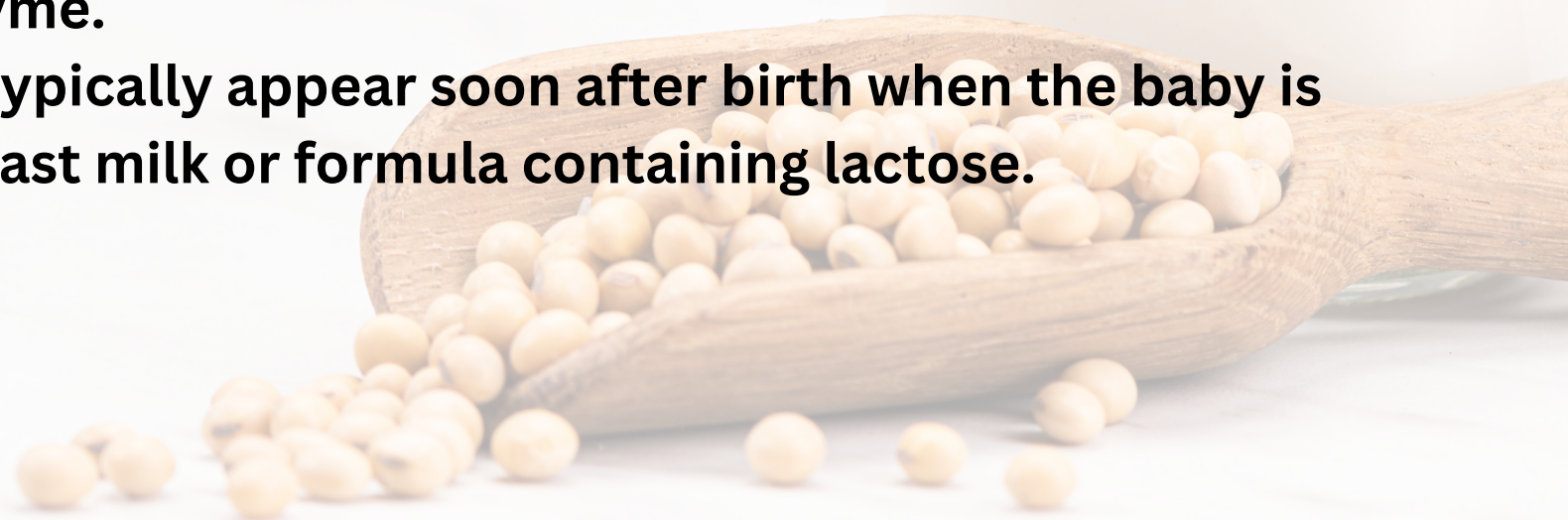
2. Secondary Lactose Intolerance

- Caused by an underlying condition or injury that affects the small intestine.

Ex; Gastroenteritis, Celiac disease and Radiation therapy, etc.

3. Congenital Lactase Deficiency

- A rare, genetic condition in which a baby is born with little or no lactase enzyme.
- Symptoms typically appear soon after birth when the baby is fed with breast milk or formula containing lactose.



Dairy Alternatives

- Plant-Based Milk
- Dairy-Free Yogurt
- Lactose-Free Dairy Products
- Non-Dairy Ice Cream
- Non-Dairy Spreads and Margarine

Why lactose intolerant people can consume hard and Aged Cheeses?

The lactose content in cheese decreases during the cheese-making process for several reasons:

- Fermentation
- Whey removal
- During cheese-making, most of the lactose is fermented by lactic acid bacteria, converting it into lactic acid. As a result, the longer the cheese is aged, the lower its lactose content.

