

Talk with your doctor about how to get enough nutrients—including calcium and vitamin D—in your diet or your child’s diet. Ask if you should also take a **supplement** to get enough calcium and vitamin D.

For safety reasons, talk with your doctor before using dietary supplements or any other nonmainstream medicine together with or in place of the treatment your doctor prescribes. Read more at www.ods.od.nih.gov and www.nccam.nih.gov.

How will I know if a food or medicine has lactose?

Lactose is in many food products and in some medicines.

Food Products

Lactose is in milk and all foods made with milk, such as

- ice cream
- cream
- butter
- cheese

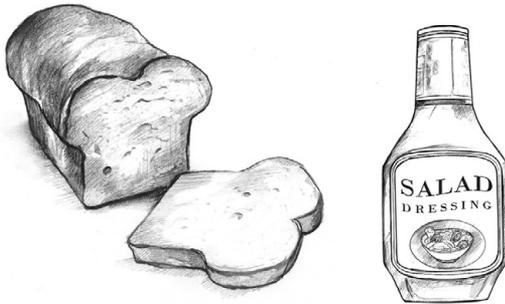


- cottage cheese
- yogurt

Rarely, people with lactose intolerance are even bothered by small amounts of lactose. Some boxed, canned, frozen, packaged, and prepared foods contain small amounts of lactose. These foods include

- bread and other baked goods
- waffles, pancakes, biscuits, and cookies, and the mixes to make them
- prepared or frozen breakfast foods such as doughnuts, frozen waffles and pancakes, toaster pastries, and sweet rolls
- boxed breakfast cereals
- instant potatoes, soups, and breakfast drinks
- potato chips, corn chips, and other packaged snacks
- prepared meats, such as bacon, sausage, hot dogs, and lunch meats

- margarine
- salad dressings
- liquid and powdered milk-based meal replacements
- protein powders and bars
- candies
- nondairy liquid and powdered coffee creamers
- nondairy whipped toppings



Look for certain words on food labels. These words mean the food has lactose:

- milk
- lactose
- whey
- curds
- milk by-products
- nonfat dry milk powder
- dry milk solids—another name for dry milk powder



Medicines

Some medicines contain lactose, including

- prescription medicines, such as birth control pills
- over-the-counter medicines, such as products to treat stomach acid and gas

These medicines most often cause symptoms in people with severe lactose intolerance. If you have lactose intolerance, ask your doctor if your medicines contain lactose.

Points to Remember

- Lactose is a sugar found in milk and milk products.
- Lactose intolerance means you have symptoms such as bloating, diarrhea, and gas after you have milk or milk products.
- Your doctor will try to find out if you have lactose intolerance with a medical, family, and diet history; a physical exam; and medical tests.
- Most people with lactose intolerance can eat or drink some lactose without symptoms.
- If you have lactose intolerance, you can make changes to what you eat and drink. Some people may only need to have less lactose. Others may need to avoid lactose altogether.