

Lactose Intolerance

What is lactose?

Lactose is a sugar found in milk and other dairy products. It is broken down into smaller sugar molecules in our intestines by an enzyme called lactase. This enzyme is a protein that breaks down food into smaller units that are easier for your body to absorb.

What is lactose intolerance?

If you are lactose intolerant, your intestines may not make enough lactase to break down lactose. As a result, lactose will be broken down by bacteria in your gut into intestinal gas, which can make you feel sick. Lactose intolerance can also be caused by certain cancer treatments. Radiation therapy, surgery and chemotherapy can damage cells lining the intestines that release lactase. Diarrhea for a long period of time can also cause lactose intolerance.

Some symptoms of lactose intolerance:

- nausea
- stomach and intestinal gas
- abdominal cramps
- bloating
- diarrhea

How is lactose intolerance treated?

Lactose intolerance can be treated by avoiding foods that contain lactose. This means eating or drinking fewer dairy products such as milk, cheese, yogurt, and ice cream. It can also be treated by taking lactase enzyme replacement (such as Lactaid®) before eating and drinking foods containing lactose, which is available over-the-counter in pill form.

You must read the labels of the foods you eat. Lactose may also be added to other foods like bread, cereal, lunch meats, hot dogs, salad dressings, frozen dinners, and cake, cookie, biscuit and pancake mixes. You may not have to avoid lactose altogether. Many people can still tolerate up to 8 to 12oz of milk or 6 to 12g of lactose every day without feeling symptoms. Some people also find that they can tolerate yogurt. Eating or drinking foods with lactose that have been treated with the enzyme lactase (Lactaid® milk) can help prevent symptoms.

Lactose Content of Milk and Other Dairy Products

Product	Lactose Content (g)
Milk (1 cup)	
Whole	9-12
2%	9-13
1%	12-13
Skim	11-14
Chocolate	10-12
Buttermilk	9-12
Fat free dry milk (1/3 cup)	12
Lactaid ^a	3
Goats Milk	9
Acidophilus, Skim	11
Yogurt (6 oz.)	
Greek Yogurt	4-7
Yogurt, low-fat	4-13
Cheese (1 oz.)	
American, Pasteurized, Processed	1-2
Blue	1
Brie	0.5
Cheddar, Sharp	1-2
Cottage Cheese (1/2 cup)	2-4
Cream Cheese	1-2
Mozzarella, Part-skim, Low moisture	< 1
Ricotta (1/2 cup)	0-6
Swiss	
Butter (1 tbsp.)	
Butter	< 0.5
Cream (2 tbsp.)	
Half and half	1
Light cream	1
Whipped cream	< 0.5
Sour cream	1
Desserts	
Ice Cream (1/2 cup)	6-9
Ice Milk (1/2 cup)	6
Sherbet (1/2 cup)	2

If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.