



A rumble in your tummy can mean lots of things. Sometimes a bellyache can indicate a food intolerance or allergy. It's important to understand just what's going on and how to manage symptoms or treat allergy so you can lose the rumble, feel great and be healthy.

Key differences

Lactose Intolerance **vs.** Milk or Dairy Allergy

Sensitivity to milk sugar (lactose)
Low levels of lactase enzyme make lactose hard to digest
Occurs in adulthood; rare in young children
Symptoms include: stomachaches, constipation, gas, bloating and/or diarrhea.
Lactose intolerance is highly individualized and difficult to confirm with testing.
Can eat dairy foods, especially low-lactose milk, cheese and yogurt without symptoms. Do not need to eliminate.

Reaction to milk protein
Immune system reaction
Occurs in young children; most often outgrown by age 2 or 3
Symptoms can range from diarrhea, stomach cramps, and vomiting, to rash, hives, or a severe, whole-body reaction.
Careful evaluation and testing by a medical professional can confirm a milk allergy.
Treatment is avoiding all dairy products, until allergy is outgrown.

Self-diagnosis of a food allergy or intolerance can lead to eliminating a food or food group when not necessary.

Food allergies are diagnosed using several factors including symptoms, blood tests (allergen-specific IgE), skin prick tests, elimination diets and oral food challenge. Many non-standardized and unproven procedures like IgG blood tests are commonly used, but not recommended.

Managing food intolerances is all about finding foods and food combinations that don't cause symptoms without eliminating food groups, like dairy. This helps ensure you are getting all the nutrition your body needs.

REFERENCES:

Guidelines for the Diagnosis and Management of Food Allergy in the US. National Institute of Allergy and Infectious Disease www.niaid.nih.gov Food Allergy Research and Education. www.foodallergy.org/allergens/milk-allergy
 NIH Consensus Development Conference Statement. Lactose Intolerance and Health. http://consensus.nih.gov/2010/images/lactose/lactose_finalstatement.pdf



Simple Solutions

You can enjoy dairy foods without uncomfortable symptoms – the key is to learn what works best for you.

Try these simple solutions:

Choose natural, hard cheeses

Aged cheeses like Cheddar, Colby, Swiss, provolone, Monterrey Jack and mozzarella are naturally low-lactose.

Use lactase enzymes

Add drops to milk before you drink it. Keep lactase tablets with you. Take them before eating dairy or foods that may contain lactose.

Choose yogurt

Live, active cultures help you digest lactose. Try different yogurts, even lactose-free, to find the one that's right for you.

Drink lactose-free milk

Milk without lactose has all of the same nutrition and tastes great. Imitation milks do not have the same amount of protein, vitamins and minerals that are naturally found in cows milk.

Drink milk with food

Food helps slow digestion, making lactose easier to tolerate. Start with a small amount and increase slowly, up to 1 cup.



How Much Lactose?

You might be surprised by the actual lactose content of your favorite foods.

Food	Amount	Lactose Grams
Milk, whole, 2%, 1%, fat-free	1 cup (8 oz)	12
Lactose-free milk	1 cup (8 oz)	0
Hard cheese: cheddar, Swiss, mozzarella, gouda,	1 oz	Less than 1.0 gram
Mexican cheeses (Queso Blanco, Queso Fresco)	1 oz.	1
Cottage Cheese	½ cup	3
Ice Cream	½ cup	2-6
Yogurt, plain, low-fat	6 oz.	13*
Yogurt, plain, Greek-style	6 oz	~7-9*
Yogurt, lactose-free	6 oz.	0
Butter	1 tsp.	0

Amounts may vary by brand

*Live, active cultures in yogurts help digest lactose

Whey contains lactose and may sometimes cause symptoms when it is a main ingredient (listed high on the ingredient list of foods.) Choose whey protein isolate because it is low in lactose. Whey protein concentrate is higher in lactose.

Experts Agree: Dairy is Important for Health

The Dietary Guidelines for Americans recommend 3 servings of milk, cheese or yogurt every day because of the irreplaceable package of nutrients dairy foods provide.

Getting enough dairy every day is associated with:

- ✓ Improved diet quality and better total nutrition
- ✓ Weight management
- ✓ Better bone health
- ✓ Less risk of heart disease and diabetes
- ✓ Muscle recovery and decreased muscle loss with aging

OTHER WAYS TO CALM YOUR BELLY

Eat smaller meals and slow down



Stay away from coffee and alcohol



Hydrate by drinking water throughout the day (0.5 to 1.0 oz. per pound body weight every day)



Take a breath, relax and avoid stress



Get plenty of sleep



Move your body for at least 30 minutes each day