

News Of Nutrition

Have Your Milk And Drink It Too

(NAPSA)—According to the 2005 Dietary Guidelines for Americans, three servings of fat-free or low-fat milk or equivalent dairy foods per day will help meet critical nutrient requirements, including vitamins A and D, calcium, magnesium and potassium.

With so many apparent benefits, drinking milk and eating dairy products seems a smart choice.

But for the 30 to 50 million Americans who are lactose intolerant¹, consuming even one serving of dairy can be challenging.

Lactose intolerance, one of the most common—but easily treatable—digestive disorders, is a condition that refers to the inability to digest lactose, the sugar found in dairy products. Those who are lactose intolerant have low levels of the enzyme lactase, which breaks down lactose.

To avoid the uncomfortable side effects of the condition, people with lactose intolerance tend to avoid milk and dairy products, which may result in an inadequate dietary intake of calcium and could increase the risk of various diseases, including osteoporosis.



People who are lactose intolerant don't have to forgo the benefits of drinking milk or eating dairy products.

Dairy deprivation is an unnecessary treatment for lactose intolerance. Symptoms can be controlled by simply taking a supplement or using lactose-free products.

While lactose intolerance is not curable, it can be easily managed with the right knowledge and the right products found in the dairy case or in the over-the-counter supplements aisle.

The important thing to remember is that lactose intolerance does not have to mean dairy deprivation. If you have symptoms of lac-

tose intolerance, you can still enjoy essential dairy foods. Just think D-A-I-R-Y, a series of tips to help you to meet the recommended Dietary Guidelines for dairy consumption.

- **Drink** lactose-free milk, such as LACTAID® Milk, which offers all the nutrients of regular milk, but is easier to digest and tastes great.

- **Aged** cheeses, like Cheddar and Swiss, are naturally low in lactose.

- **Introduce** milk and other dairy foods into your diet slowly. Start with small portions with meals or snacks and gradually work up to three servings a day.

- **Remember** LACTAID® Fast Act Dietary Supplements with your first bite of dairy to help break down lactose so you can enjoy milk and other dairy foods.

- **Yogurt** is good. Cultured dairy foods like yogurt contain friendly bacteria that help digest lactose.

For more information on lactose intolerance, including information on LACTAID® Brand products and lactose-free recipes, visit www.lactaid.com or call 1-800-LACTAID.

¹. Journal of the American College of Nutrition, 2001