

## what is lactose intolerance?

Lactose intolerance is a sensitivity to lactose caused by not enough lactase, or the substance that helps break down lactose, in the body. Without enough lactase, your body can not digest lactose well, leading to unpleasant symptoms.

Symptoms of lactose intolerance happen after consuming dairy and vary in severity. They include: abdominal pain, bloating, and/or diarrhea and other digestive issues.

## what is lactose anyway?

Lactose is the main carbohydrate, or sugar that naturally occurs in milk and dairy products. It requires lactase, a naturally occurring digestive enzyme, for proper digestion and absorption.

## is it the same as a dairy allergy?

An intolerance, like lactose intolerance, is not the same as a food allergy.

- ➔ An intolerance occurs when your body can't digest a certain part of a food, such as lactose or gluten.
- ➔ Food allergies, on the other hand, occur when your body's immune system has a bad reaction to a food and sets off a chain reaction within your body. Symptoms can occur within minutes and can be mild (like a runny nose or itchy eyes) to severe, and even deadly.

## how to treat lactose intolerance?

You may not need to avoid dairy foods if you are lactose intolerant! Lactose intolerance is very personal. Working with a dietitian to determine your individual tolerance and plan is important. Avoiding all dairy could lead to you not getting enough key nutrients like calcium. Some strategies include:

- Take a lactase pill by mouth before enjoying lactose containing foods.\*
- Choose foods that are naturally low in lactose or are lactose free.
- Choose dairy foods containing live active cultures, like yogurt. These are usually well tolerated since the live active cultures, or good bacteria, help to digest the lactose.

## how much lactose is in your food?

Food	Serving	Lactose content (g)
Milk (0%, 1%, 2%, Whole)	1 cup	11-12g
Ice Cream	2/3 cup	12g
Cottage Cheese	1/2 cup	3g
Swiss Cheese	1oz	1g
Parmesan Cheese	1oz	1g
Yogurt	1 cup	2-5g (strained varieties will have less) <i>the cultures in yogurt help to digest the lactose</i>
Butter	1/2 cup	Trace

## beware of hidden sources!

Lactose could be hiding in some foods-especially those that are more processed. Choose ones with simple ingredients and pay special attention to these foods:

- baked goods
- processed meats
- salad dressings
- sauces
- snack bars
- crackers
- potato chips
- cereals
- soups
- rice and noodle mixes
- instant oatmeal
- baking mixes

\*always consult your doctor before taking any medication.

# siggi's®

what's inside

## LACTOSE FREE



simple ingredients,  
not a lot of sugar™

**lactose free**

**not a lot of sugar**

### Ingredients:

Pasteurized Whole Milk, Pasteurized Cream, Organic Agave Nectar, Madagascar Bourbon Vanilla, Lactase Enzyme<sup>++</sup>, Fruit Pectin, Live Active Cultures  
Contains Milk  
<sup>++</sup>Ingredient not in regular yogurt

Nutrition Facts	
4 Servings Per Container	
Serving size 2/3 cup (170g)	
Amount Per Serving	
<b>Calories 180</b>	
	% Daily Value*
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 11g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 17g	<b>34%</b>
Vitamin D 0mcg	0%
Calcium 164mg	15%
Iron 0mg	0%
Potassium 231mg	4%

5-11g of sugar  
per 2/3 cup (170g) serving

**high in protein**

17-18g of protein  
per 2/3 cup (170g) serving

**live active cultures**

### Live Active Cultures:

*S. thermophilus*, *L. delbrueckii subsp. bulgaricus*, *B. lactis*, *L. acidophilus*, *L. delbrueckii subsp. lactis*

**no artificial ingredients**

- ✓ No artificial sweeteners
- ✓ No artificial flavors
- ✓ No preservatives
- ✓ No thickeners
- ✓ No artificial colors