



Lactose intolerance

This is an inappropriate reaction of the body to food containing milk sugar - lactose. The reason is the lack or deficiency of the enzyme - lactase, which breaks down lactose into glucose and galactose. The most common symptoms are bloating, gas, abdominal pain, diarrhoea, colic, the feeling of "overflowing" in the abdomen.



Dietary recommendations

1. Eliminate sweet milk, which is the main source of lactose, from your diet.
2. You can use fermented milk products that have a much lower lactose content, e.g. kefir, yogurt or sour milk due to the lactic acid bacteria contained in them.
3. Ripening cheeses have a negligible content of lactose, which makes them well tolerated by people with intolerance.
4. In people with severe intolerance, any dairy product can be replaced with a dairy product marked (usually in purple) as a lactose-free product.
5. Lactose is milk sugar contained not only in cow's milk, but also in goat's, sheep's and women's milk.
6. You can use an oral enzyme – lactase, which, taken about 1 hour before a meal containing this sugar, will eliminate the symptoms of intolerance.
7. Elimination of cow's milk and dairy products based on cow's milk from the diet increases the risk of calcium deficiency, so it is worth enriching the diet with vegetable sources of calcium (e.g. vegetable drinks, tofu, calcium-enriched soy yoghurts), green leafy vegetables (e.g. broccoli, kale), nuts, sesame, dried figs and apricots, poppy seeds.

Products allowed and contraindicated in lactose intolerance

group of products	Allowed	Contraindicated
Dairy products and their vegetable counterparts  	Lactose-free milk and dairy products (yogurt, kefir, cottage cheese, cheese), lactose-free butter, vegetable drinks (e.g. rice, almond, soy, coconut), tofu, soy, coconut yoghurt.	Traditional milk and dairy products - cows, sheep, goats.



Sample quality menu in lactose intolerance

BREAKFAST:

Scrambled eggs with dried tomatoes and vegetables

- eggs
- canola oil
- dried tomatoes
- parsley
- pumpernickel bread
- turkey sausage
- lettuce
- cucumber

II BREAKFAST:

Millet pudding with cherries

- millet groats
- Almond milk
- frozen cherries
- almond flakes

LUNCH:

Alecho with turkey and zucchini served with barley groats

- zucchini
- eggplant
- onion
- garlic
- pepper
- tomatoes in can
- tomato concentrate
- Turkey fillet
- spices: pepper, sweet paprika, turmeric
- barley

TEA:

Cucumber cocktail with mint

- fresh cucumber
- an avocado
- ginger
- apple
- mint
- lemon juice
- soaked wheat bran



Serving suggestion. Photo: freepik.com

DINNER:

Pancakes with chicken and spinach

Pancake batter:

- wholemeal wheat flour
- egg
- sparkling water
- salt pepper
- canola oil

Stuffing:

- chicken breast
- garlic
- onion
- fresh or frozen spinach
- lactose-free mozzarella

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