



LACTOSE INTOLERANCE VS. DAIRY 'MILK' ALLERGY

What is lactose intolerance?

Lactose intolerance is a digestive condition that occurs when an individual does not produce enough lactase enzymes in the small intestine to digest lactose, the milk sugar. It is not immune mediated.

Symptoms:

Common symptoms of lactose intolerance include bloating, flatulence (gas), diarrhea, nausea, abdominal cramping, vomiting, and acid reflux after eating products that contain lactose.

How to diagnose lactose intolerance?

Whenever you suspect a food-related reaction, it is best to speak with your practitioner. They may suggest an elimination diet, allergy testing, or other testing and treatments to ameliorate the symptoms.



Lactose Containing Foods:

There are several foods that contain lactose. These include but are not limited to milk and milk products, packaged items, condiments, deli meat, cereals, snack bars, whey protein, creamers, candies, and more.

Low (er) Lactose Foods:

There are some foods that are lower in lactose, either naturally or due to processing. These include:

- low lactose milk and dairy items (these have lactase added)
- greek yogurt and kefir
- butter and sour cream
- hard and/or aged cheeses like pecorino romano, parmesan, swiss, and aged cheddar
- items that contain no dairy or milk.

What is a dairy allergy?

This type of reaction is a true immune-mediated allergy to milk proteins. It is one of the most common food allergies in children. A milk allergy can occur in response to any type of milk, including cow, goat, buffalo, or others.



Symptoms:

Symptoms of milk allergy include loose stools, flatulence (gas), abdominal cramping, skin rashes, watery eyes, coughing or wheezing, colic in babies, itchy skin, runny nose, blood in stools, throat swelling, and even anaphylaxis and death.

How to diagnose a dairy allergy?

Because a milk allergy can be severe and life threatening, you should seek medical evaluation and allergy testing.

In the event of an allergic reaction, call 9-1-1 immediately.

Foods That Contain Milk:

With food allergies, all sources of that food item should be avoided. Therefore, in the case of milk allergy, all milk and milk containing products should be avoided, unless specified by your healthcare provider.

Some More Tips:

Always read labels to look for the presence of dairy or lactose. It may be an ingredient in unlikely sources like deli meat or minced herbs.

This is not medical advice. Consult with your practitioner before making any changes to your dietary or supplement choices.



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