

# Food Intolerance: Lactose

*Lactose is the main carbohydrate found in milk. A lactose intolerance occurs when the body cannot make enough of the enzyme, lactase, to digest the lactose. Lactose is found in breast milk, and almost everyone is born with the ability to digest it.*

*It is rare to find a child under the age of 5 who is lactose intolerant. Source: HealthLine*

## **Primary Lactose Intolerance:**

This type of lactose intolerance is typically caused by a decrease in production of the enzyme, lactase, throughout life. It can be caused by genetics and is more common in certain populations.

## **Secondary Lactose Intolerance:**

This type of lactose intolerance is rare. It is usually caused by an illness such as a stomach virus or another disease affecting the digestive tract; such as Celiac Disease or Crohn's Disease.

Source: HealthLine

**FACT:** About 75% of the world's population is lactose intolerant! The United States has a 15-30% prevalence of lactose intolerance.

Source: HealthLine

## Foods that Contain Lactose

Milk and milk derivatives, cheese and cheese derivatives, yogurt, cream, butter, whey.

Source: Kids Health from Nemours

**Recommendations:** Avoid lactose containing foods! Consult with a registered dietitian to find substitutes since the products containing lactose are nutrient-dense and necessary for child development. Consider taking a lactase enzyme supplement when consuming lactose containing products. Source: Kids Health from Nemours