

## Lactose Intolerance: Other Options

Cheese, ice cream, a cold glass of milk... Dairy is delicious, but if you are one of the 50 million Americans with lactose intolerance, enjoying these foods has been a challenge.

Luckily, many food products have been developed to help people with lactose intolerance enjoy foods they normally couldn't. Some products are lactose-reduced, while others contain added lactase, the enzyme that digests milk sugar and is often deficient in people with lactose intolerance.

Look for lactose-treated milk and other dairy foods. Lactose-reduced milk has 70 percent less lactose than regular milk; lactose-free milk is virtually free of any lactose.

Add lactase enzyme, in tablets or drops, to milk before drinking. The milk will taste slightly sweeter because added lactase breaks down the lactose in milk into simpler, sweeter sugars.

Look for a lactose supplement to chew or swallow before eating lactose-rich foods. With a supplemental supply of lactase, you can eat your favorite dairy delights without discomfort.