



## Dairy Free

Choosing dairy free items some of the time is appropriate for someone with lactose intolerance. Lactose intolerance happens when your body does not have enough lactase. Without this enzyme, or enough of this enzyme, your body does not break down all the lactose and the undigested lactose goes into your large intestine. There it is fermented by bacteria causing symptoms such as gas, abdominal pain, bloating, nausea and diarrhea.

Someone with a lactose intolerance however may have the ability to digest a small amount of lactose, and can therefore have some dairy products that are naturally lower in lactose compared to milk. Yogurt, hard aged cheese, cottage cheese, pudding, sour cream, chocolate milk and kefir are low lactose foods. For most people with a lactose intolerance, up to 10 grams of lactose per day can be tolerated. Taking a nutritional aid such as Lactaid or Lacteeze may allow someone to enjoy a dairy product without having any symptoms of intolerance. However, for some, the tolerance level is lower than 10 grams of lactose per day, creating unpleasant symptoms.

A milk allergy is different, it occurs when a person's immune system reacts abnormally to milk proteins, not lactose. A milk allergy can be life-threatening. In this case, any dairy product should be avoided all of the time. A nutritional supplement such as Lact-Aid will not prevent an allergic reaction. To manage a milk protein allergy, avoid milk or any ingredient or product derived from milk. Products containing these ingredients contain or may contain milk protein: Butter, caseinates, cheese, cheese flavour, cream, curds, dry milk solids, milk, milk by-products, milk solids, milk sugar, non-fat dry milk powder, skim milk solids, whey and yogurt. This list may not include all ingredients that contain, and may contain, milk protein.

### READ ALL FOOD LABELS CAREFULLY

To manage a dairy free diet, or a lactose reduced diet, a consultation with a dietitian is recommended to assess if supplementation with Calcium and Vitamin D is required. If you would like to make an appointment for consultation, please contact us.

Therapeutic Meals offers a range of dairy free products to accommodate both lactose intolerance and milk allergy.

### Other allergens

Therapeutic Meals are peanut and tree nut free and we do not use artificial colours or flavours. Please read our nutrition information if you suffer from allergies.