

Cow's milk allergy vs. lactose intolerance

Lactose intolerance and cow's milk allergy share certain symptoms, such as stomach pain, abdominal pain, and excessive gas.

One of the most common symptoms of cow's milk allergy is *vomiting*. Vomiting is a symptom of cow's milk allergy only. Those with cow's milk allergy will have diarrhea and mucus in their stools.

Natural treatments

Some natural dairy products, such as lactose reduced low fat milk, provide relief. It contains 70 percent less lactose than regular low fat milk. While milks such as buttermilk do not relieve symptoms, yogurt does help with this process.



This pamphlet is provided by your local Walgreens pharmacy.



Please contact your doctor for more information on lactose intolerance

Living with Lactose Intolerance



What is lactose intolerance?

Many people can't drink milk without experiencing upset stomachs. This problem is caused by an allergy to cow's milk or an inability to digest the primary sugar in milk - lactose. If you have the latter, you are **lactose intolerant**.

Common symptoms

If you are lactose intolerant, you may experience these symptoms after drinking or eating foods containing lactose.

- Stomach pain
- Diarrhea
- Nausea
- Bloating
- Gas
- Cramps
- Stomach rumbling
- Leakage of stool

These symptoms happen when a person is not able to absorb lactose in milk. Some overlap exists in the symptoms of cow's milk allergy and lactose intolerance.

Natural products

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does not relieve symptoms; yogurt does help with this process.

Home treatments

The best treatment for lactose intolerance is a lactose reduced diet. First, remove all lactose from your diet until you are symptom-free. Carefully read all labels to avoid products with lactose. These foods all contain lactose:

- Dairy
- Party dips
- Puddings
- Instant potatoes
- Prepared soups
- Canned and frozen fruits and vegetables

Avoid products that list milk sugars, casein, caseinate, whey, or non-fat dry milk solids because these contain lactose.

Second, after about three weeks, slowly increase lactose in your diet until you again notice symptoms.

1. Start with ¼ cup of milk for breakfast.
2. If nothing happens, increase to ½ cup of milk the next morning.

Nutrition Facts	
Serving Size ½ cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80%	Vitamin C 60%
Calcium 4%	Iron 4%

3. Increase gradually until symptoms appear, then drop back to the last level.
4. Once you have set the breakfast amount, repeat the same method for lunch and dinner.

Only 5-10 percent of sufferers need to stay away from lactose forever. You may find it useful to eat many small meals rather than a few large meals and take milk products with other foods helps thin out the lactose.

Diet aids

Several products are available to you if you are lactose intolerant.

Lactaid liquid: add four drops per quart of milk. It is only useful for milk used at home or taken from the home.

Lactase capsules: add to milk (1-2 capsules per quart). Shake the milk and refrigerate for 24 hours to allow time for the enzyme to work. The milk may taste sweeter than normal.

Dairy Ease: are lactose tablets that are added to foods containing lactose.

Take the pills before meals. This will allow you to drink or eat foods containing lactose without the ill effects.

