



## Children's Health

# Lactose Intolerance

### WHAT CAN BE DONE ABOUT IT



Lactose is the sugar found in dairy products. When your child has a lactose intolerance problem, the small intestine does not produce enough lactase, the enzyme needed to digest lactose.

#### **SYMPTOMS OF LACTOSE INTOLERANCE**

**gas**

**bloating**

**cramps**

**diarrhea after eating dairy products**

#### **WHAT CAN BE DONE ABOUT IT**

- ▶ Cutting down on milk products is the first step. It's important to find out how much your child can eat without discomfort.
- ▶ Try limiting milk to mealtimes only.
- ▶ Use lactose-reduced and lactose-free milks.
- ▶ Be sure your child gets enough calcium. Feed your child vegetables that are high in calcium, such as spinach and broccoli. Also discuss calcium supplements with your child's doctor.
- ▶ Enzyme treatment and enzyme tablets are available over-the-counter. Contact your child's doctor for a dosage recommendation.
- ▶ Read labels and avoid foods with added lactose.