

Lactose intolerance

Lactose intolerance is when your body can't digest the sugar in dairy products, called lactose. Lactose is found in foods like milk, yogurt, cheese, and ice cream.

People with lactose intolerance may experience symptoms like gas, bloating, stomach pain, and diarrhea. Lactose intolerance can be the result of certain cancer treatments, as well as medications commonly prescribed during cancer treatments, like antibiotics.

Managing with Nutrition:

- Look for lactose-free or reduced-lactose products. These products, like lactose-free milk and ice cream, should be clearly marked.
- Choose dairy-free milk substitutes. A variety of options exist, including almond, oat, soy and coconut milks. Check out dairy-free yogurt, ice cream and cheeses as well.
- Make substitutions. When cooking at home, substitute lactose-containing foods with dairy-free alternatives. Often, you won't be able to tell the difference!
- Choose dairy products that are naturally lower in lactose, like hard cheeses (cheddar) and yogurt.

Additional Tips:

- Talk to your health care provider about medications that may help with lactose intolerance. Lactase tablets, like Lactaid®, may help your body break down lactose more effectively.