



FAQ'S | *Lactose Intolerance*

Lactose intolerance, a condition that leads to digestive discomfort, is fortunately quite manageable with proper dietary adjustments. While individuals with lactose intolerance may experience limitations in their consumption of dairy products, it is essential to acknowledge that these items play a vital role in providing essential nutrients crucial for overall health.



Dairy products remain invaluable sources of not only calcium, but also protein and various vitamins that contribute significantly to a well-rounded and balanced diet. By adopting alternative strategies and exploring lactose-free options, individuals with lactose intolerance can still enjoy the nutritional benefits that dairy products have to offer.

Here are tips to manage symptoms with Seattle Sutton's Healthy Eating:

- Space out smaller dairy portions throughout the day to reduce lactose intake at once
- Opt for Lactaid milk or low-lactose dairy foods like hard cheese, Greek yogurt, or cottage cheese
- Consume lactose-containing foods with solid meals to ease digestion.
- Probiotics from live and active cultures in yogurt or kefir help to breakdown lactose and make these foods more tolerable for people with lactose intolerance. If you are unable or prefer not to drink skim milk or Lactaid milk, Greek yogurt or kefir may be a great alternative
- Explore dairy alternatives like almond, soy, or pea protein milk. Although their nutritional content differs from cow's milk, soy milk and pea protein milk closely resemble cow's milk.

Seattle Sutton's Healthy Eating ensures nutritious, lactose-friendly meals, enabling enjoyment without intolerance hindering your experience.