



FACT SHEET

DAIRY ALLERGY & LACTOSE INTOLERANCE

What is lactose intolerant?

Lactose intolerance is a digestive condition that happens when an individual does not produce enough lactase enzymes in the small intestine to digest the lactose, or milk sugar, in dairy products.

What is a dairy allergy?

An allergy to milk occurs to milk proteins, such as WHEY or CASEIN. Allergies are very serious immune system reactions to these proteins.

What are symptoms of lactose intolerant?

Common symptoms include bloating, flatulence, diarrhea, nausea, abdominal cramping, vomiting, acid reflux after eating lactose containing products. This is a self limited reaction which is often not fatal.

What are symptoms of a dairy allergy?

Symptoms include loose stools, flatulence, abdominal cramping, skin rashes, watery eyes, coughing or wheezing, colic, itchy skin, blood in stools, throat swelling, anaphylaxis, and death.

How to diagnose lactose intolerance?

Always speak with your practitioner about the best option for you. You may have your glucose tested after eating dairy to assess lactose metabolism, hydrogen breath test, or an elimination diet.

How to diagnose dairy allergy?

Always speak with your practitioner about the best option for you. You may have a serum blood testing or a skin prick test to assess for dairy allergy.

What May Be Sources of Dairy and Lactose?

Milk, cheese, yogurt, kefir
Desserts - pudding, cookies, cakes, ice cream, etc.
Packaged Items - chips, crackers, breads
Condiments - Balsamic glaze, herb pastes, dressings, sauces

Some Tips:

Always read labels to assess for the presence of dairy or lactose. Be certain to meet with your practitioner so you can understand which types of dairy may or may not be right for you.

Concerns or Questions?

Set Up a Call with Jessica !

Schedule a time convenient for you at
[Calendly.com/eatyourwaytowellness](https://calendly.com/eatyourwaytowellness)

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