

HELPING YOUR CHILD WITH LACTOSE INTOLERANCE:

Get the nutrition they need



Why are dairy foods important for your health?

Milk and some yogurts and cheeses are good sources of calcium and vitamin D. They help keep your:

- ✓ Bones strong
- ✓ Heart healthy
- ✓ Immune system healthy

 Sunlight also gives the body vitamin D.

Lactose intolerance is not a milk allergy. It happens when the body doesn't make enough lactase. Lactase helps the body digest lactose, a natural sugar in milk. Someone with lactose intolerance might have bloating, diarrhea, gas, nausea, and stomach aches after eating dairy foods. They may need to choose dairy foods with less lactose or substitute other foods.

Secondary lactose intolerance can happen after a digestive tract infection. This intolerance is only temporary. Someone may tolerate lactose again by slowly adding it back into their meals and snacks.

CALCIUM AND VITAMIN D How Much Is Needed Every Day?

Age	Amounts of Calcium
Babies younger than 6 months old	200 mg
Babies 6 to 11 months old	260 mg
Children 1 to 3 years old	700 mg
Children 4 to 8 years old	1,000 mg
Children and teens 9 to 18 years old	1,300 mg
Adults 19 to 50 years old (including pregnant and breastfeeding people)	1,000 mg
Age	Amounts of Vitamin D
Babies birth to 11 months	10 mcg or 400 IUs
People 1 to 69 years old	15 mcg or 600 IUs



OFFER EASIER-TO-DIGEST DAIRY FOODS:

Try Greek yogurt!

It has less lactose than regular yogurt and might be better tolerated.

Try different cheeses.

Cheddar, Colby, Monterey Jack, Mozzarella, and Swiss have smaller amounts of lactose. Slice cheese and eat it with crackers and fruit, or shred and top off salads, casseroles, or soup.

Try small amounts of milk at mealtime.

Many people can tolerate up to 1 cup of milk when eating other food.

Actions I will take to help keep my family healthy:

Learn More with wichealth Lessons!

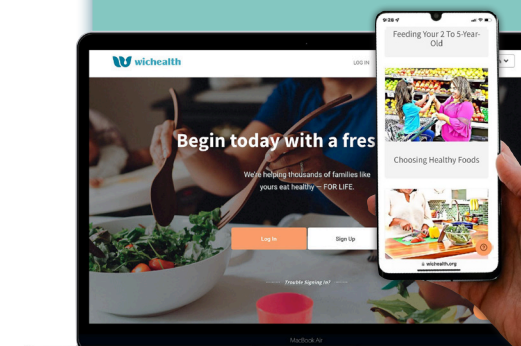
SCAN



— OR —

To Get Started:

- Visit wichealth.org
- Choose **Sign up**
- Enter your information



This institution is an equal opportunity provider.



If you think you or a family member has lactose intolerance

- ✓ Talk with your family's health care provider about...
 - ☐ Testing to see if this is the problem
 - ☐ Lactase drops or tablets to take when eating or drinking dairy foods
 - ☐ Calcium and vitamin D supplements
- ✓ Talk with WIC staff or a registered dietitian. They can help you read food labels and suggest other foods to replace those with lactose.



Some veggies like spinach have a substance (known as oxalate) that decreases how well your body can absorb calcium. Although a veggie may be a good source of calcium, your body might not be able to use all the calcium it provides.



FOODS THAT OFFER CALCIUM AND VITAMIN D

Examples of foods with calcium	Amount that provides the same calcium as 1 cup of milk
Lactose-free milk or soy milk fortified with calcium	1 cup
Greek yogurt	1 cup (<i>varies by brand</i>)
Mozzarella cheese	¼ ounce
Firm tofu, <i>cooked</i>	3 – 4 ounces (<i>varies by brand</i>)
Salmon or sardines, <i>canned</i>	3 – 4 ounces
Orange juice, fortified with calcium	1 cup
WIC cereals, fortified with calcium	Varies
Broccoli, <i>cooked</i>	5 cups**
Chard, <i>cooked</i>	3 cups**
Spinach, <i>cooked from fresh</i>	1 ¼ cups**
**These foods provide calcium, but not enough to be good sources.	
Examples of foods with vitamin D	Amount that provides the same vitamin D as 1 cup of milk
Lactose-free milk or soy milk, fortified with vitamin D	1 cup
Salmon, <i>canned</i>	1 ounce
Eggs, <i>cooked</i>	2-3 large eggs
WIC cereals, fortified with vitamin D	Varies