

# Living Well with Lactose Intolerance

Lactose intolerance occurs when the body lacks the enzyme lactase for digesting sugar found in dairy products. Below are a few tips for navigating it.

## Managing Lactose Intolerance

If you're lactose intolerant, you can still enjoy a balanced and nutritious diet. Here are some tips:

- **Choose Lactose-Free Dairy Alternatives:** Opt for lactose-free milk, yogurt, and cheese, or consider plant-based alternatives like soy, almond, or oat milk.
- **Read Food Labels Carefully:** Many processed foods contain lactose or lactose-derived ingredients. Pay close attention to labels to identify and avoid these products.
- **Experiment with Dairy Products:** Some people with lactose intolerance can tolerate small amounts of certain dairy products, such as hard cheeses like cheddar or Parmesan.
- **Consider Lactase Enzyme Supplements:** These supplements can help break down lactose, making it easier to digest dairy products.

## Calcium-Rich Alternatives

While dairy products are a good source of calcium, there are many other calcium-rich foods you can incorporate into your diet:

- **Leafy Green Vegetables:** Kale, spinach, and broccoli are excellent sources of calcium.
- **Legumes:** Beans, lentils, and chickpeas are good plant-based sources of calcium.
- **Nuts and Seeds:** Almonds, sesame seeds, and chia seeds are rich in calcium.
- **Fish with Bones:** Canned salmon and sardines with bones are good sources of calcium.



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