

ABOUT LACTOSE INTOLERANCE

Lactose intolerance is the inability to fully digest lactose, the naturally-occurring sugar found in dairy products such as milk, cheese, yogurt and ice cream. As we age, our lactase production decreases, causing lactose intolerance. Because lactose intolerance can be difficult to diagnose, its prevalence is hard to determine. We do know, however, that it tends to be more common in certain racial and ethnic populations including African Americans, Asian Americans, Hispanic Americans and Native Americans.¹



The signs and symptoms of lactose intolerance include digestive problems such as abdominal cramps, nausea, diarrhea and bloating. These symptoms typically appear 30 minutes to two hours after consuming lactose. The condition is usually treated by eliminating dairy products from the diet.

Lactose intolerance is more than just an uncomfortable inconvenience. Avoiding dairy products can make it difficult to get enough of several key nutrients commonly found in dairy foods, including calcium and vitamin D. Since low intake of calcium and vitamin D may increase the risk for osteoporosis, hypertension and other chronic diseases,^{2,3} optimal management of lactose intolerance requires special attention to these nutrients.

About Soymilk, An Ideal Dairy Alternative

Soymilk is completely free of lactose, and fortified soymilk provides an excellent source of both calcium and vitamin D. Most fortified soymilks are made with calcium carbonate — a form of calcium that has been shown to be absorbed by the body just as readily as dairy calcium.⁴ In addition to calcium and vitamin D, fortified soymilk also provides important nutrients that you can't get from milk, such as naturally occurring ALA Omega-3 fatty acids and soy protein.

Similar to dairy milk in flavor and texture, soymilk offers a convenient and easy-to-adopt alternative that allows patients to eliminate cow's milk from their diets. Leading health authorities agree that fortified soymilk is an appropriate substitution for dairy milk for both children and adults who do not regularly consume dairy products.⁵

Soymilk is available in a variety of flavors and can be used in almost any recipe that calls for dairy milk. Soy yogurt, soy ice cream and soy-based cheeses are also sensible choices for those avoiding dairy due to lactose intolerance.

How Soymilk Stacks Up

	2% DAIRY MILK	SILK® ORIGINAL SOYMILK	2% CHOCOLATE DAIRY MILK	SILK® CHOCOLATE SOYMILK
Calories	120	90	190	140
Calcium	30% DV	30% DV	25% DV	30% DV
Vitamin D	30% DV	30% DV	30% DV	30% DV
Fat	5 g	3.5 g	5 g	3 g
Saturated Fat	3 g	0.5 g	3 g	0.5 g
Cholesterol	20 mg	0 mg	20 mg	0 mg
Sugars	12 g	6 g	24 g	19 g
ALA Omega-3	20 mg	270 mg	0 mg	190 mg

Dairy data drawn from USDA National Nutrient Database for Standard Reference, Release 22 (2009).

1 NIH Consensus Development Statement: Lactose Intolerance and Health. NIH Consensus State Sci Statements 2010 Feb 22-24, 27(2): 1-27.

2 Bone Health and Osteoporosis: A Report of the Surgeon General. DHHS (PHS), 2004.

3 Heaney RP. *Arq Bras Endocrinol Metabol* 2006 Aug; 50(4): 685-93.

4 Zhao Y, Martin BR, *J Nutr*. 2005; 135(10): 2379-82.

5 USDA Dietary Guidelines for Americans, 6th Edition, 2005.