

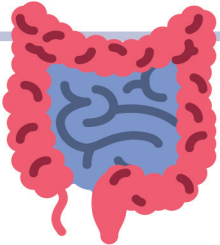
# Lactose intolerance: why does it happen?



MILK IS VERY IMPORTANT TO HUMAN NUTRITION, GIVEN THAT, SINCE WE ARE BORN, IT IS THE FIRST SOURCE OF NUTRIENTS WITH WHICH WE HAVE CONTACT.

It's not without reason that this food is recognized by the Food and Agriculture Organization of the United Nations as a global food.

However, in some cases, a person can be unable to digest lactose (sugar of the milk), which can result in some problems. See how!

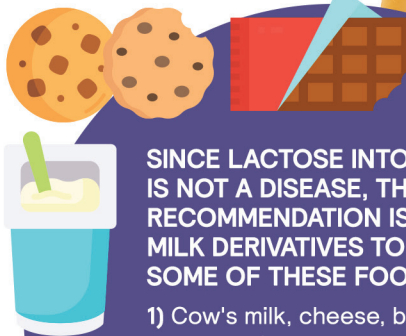


## LACTOSE INTOLERANCE:

The partial or total inability to digest lactose happens due to the lack of an intestinal enzyme called lactase. This enzyme is the one that breaks down the sugar of the milk into a simpler carbohydrate that is easier to absorb.

## WHY DO SOME PEOPLE NOT HAVE THIS ENZYME?

- Due to a genetic predisposition that blocks the production of the enzyme
- Due to a decrease in the production of lactase as a result of an intestinal condition
- Due to aging, this tends to be even more common among the black community.



SINCE LACTOSE INTOLERANCE IS NOT A DISEASE, THE RECOMMENDATION IS FOR MILK AND MILK DERIVATIVES TO BE AVOIDED. SOME OF THESE FOODS INCLUDE:

- 1) Cow's milk, cheese, butter, cream cheese
- 2) Milk-based desserts such as puddings, cakes, creams, and pies.
- 3) Cookies and biscuits that contain milk

## HOW TO IDENTIFY LACTOSE INTOLERANCE:

- Nausea
- Abdominal pain
- Abdominal distension (bloating)
- Abundant diarrhea
- Gas
- Discomfort



## ATTENTION!

Doctors won't always recommend the complete suspension of these foods. Lactose-free yogurts, for example, can be indicated, depending on the patient's degree of tolerance. Therefore, it is essential to seek help in order to keep a balanced diet.

