



My Story

“At the time I put it down to the rich nature of my diet - my symptoms appear very quickly after eating certain types of food and can range from prolonged stomach pain, nausea and cramps. When the doctor informed me of my condition, it explained why I had been in so much pain – and these reactions could last up to an hour at a time.

I was told to eliminate large proportions of my diet that I really enjoyed and eventually had to stop eating pretty much everything dairy; and this is more difficult than you might think. There are a lot of products with milk extract or dairy additives so it forces you to be wary of ingredients.

Avoidance is the key. I have to check packets in the supermarket. Lactofree has given me the freedom to eat and drink what I want. I love cereal, white tea, milkshakes and literally anything you can imagine that would normally cause a reaction. Since I was diagnosed, I felt like I was being cheated out of all the things I really enjoy but now I feel like I've got my life back.”

Kat Johnson, 28, an Insurance Executive from London.

www.lactofree.co.uk



The Facts

What is Lactofree?

Lactofree®, a free from lactose dairy range*, enables you and your family to enjoy all the benefits of dairy products such as milk, yogurt and cheese, just without the lactose. Lactofree is real cow's milk made by filtering milk to remove half the lactose, then adding enzymes to break down the remaining lactose so it is easily absorbed in the body. It is the only lactose free dairy range available in the UK.

Lactofree® whole and semi-skimmed dairy drink, cheese and yogurt (raspberry and strawberry) are also now available, providing all the nutritional benefits, but without the unwanted symptoms.

Lactofree is not suitable for people who suffer from galactacaemia (a hereditary disease that is caused by the lack of a liver enzyme required to digest galactose).



* We make every effort possible to ensure that Lactofree products contain no lactose. We carry out rigorous scientific testing using the most accurate UKAS-accredited tests available which enable us to detect lactose at the trace level of 0.03%. At this detection level our tests show that there is no lactose present in Lactofree. Please refer to www.lactofree.co.uk for more information.

Can I use it for cooking?

Lactofree is great for cooking as it tastes and acts just like real dairy. Lactofree have developed a range of delicious recipes including a lactose free:

- Lasagne
- Roasted fish pie with cheese & mustard top
- Cheese & Onion Potato Tortilla
- Raspberry muffins
- Baked rice pudding with sugar plums

Details of the recipes can be downloaded from the website.

Is Lactofree suitable for small children?

With the introduction of Lactofree Whole, Lactofree is now suitable for children over the age of one. As with standard whole milk Lactofree is a good source of calcium, which is needed for bone growth and development.

Where can I buy Lactofree?

You'll find Lactofree products in the chilled area, alongside the milk and other dairy products in all major supermarkets including: ASDA, Sainsbury's, Tesco, Morrisons and Waitrose.

Where can I find out more on lactose intolerance?

For more information on lactose intolerance, visit www.lactofree.co.uk where you will find lots of useful information to help manage the condition, including recipe suggestions, a list of restaurants that offer lactose-free options and answers to frequently asked questions. You can also ask your GP or community dietitian or visit the following sites:

- The BDA – www.bda.uk.com
- Allergy UK – www.allergyuk.org
- Foods Standards Agency – www.food.gov.uk

Understanding Lactose Intolerance

a guide for all the family



Lactose intolerance understanding it.

What is lactose intolerance?

Lactose intolerance is caused by a deficiency of lactase, an enzyme present in the lining of the small intestine, which is needed to absorb and digest lactose (the natural sugar found in milk). Lactase breaks down lactose in the liver into simpler forms of sugar called glucose and galactose which are absorbed into the bloodstream. The only sugar our bodies are able to use is glucose, therefore all sugars entering our body need to be converted to glucose. Undigested lactose remains in the large intestine and is fermented by bacteria that naturally live in the gut, creating uncomfortable symptoms.

Lactose is found in milk but it is also commonly found in foods such as bread, cereals, tinned soups, salad dressings, crisps and even the coatings of many medications.

How do I know if it is lactose intolerance?

There is a real variability in testing and understanding lactose intolerance.

Usually a diagnosis is reached by an elimination diet which involves eliminating all lactose containing foods from the diet for a period of time to see if symptoms disappear. If symptoms substantially reduce it is likely the individual is lactose intolerant and lactose is slowly re-introduced into the diet to see how much can be tolerated.



What are the symptoms of lactose intolerance?

The most common symptoms of lactose intolerance appear between 30 minutes to 2 hours after ingesting lactose. The severity of symptoms differs from person to person depending on the severity of the intolerance. The most common symptoms are:

- Nausea
- Diarrhoea
- Stomach cramps or pain
- Bloating of the abdomen
- Flatulence, wind

These symptoms are not limited to lactose intolerance, meaning the condition can often be misunderstood and diagnosed as a dairy allergy or irritable bowel syndrome (IBS). This can be frustrating as the person continues to experience symptoms without awareness of the most appropriate method of managing the condition.

What's the difference between lactose intolerance and milk allergy?

Confusion over the meaning of 'dairy intolerance' is causing some people to have a complete overhaul of their diet, often unnecessarily eliminating dairy products from their diet and missing out on an important source of calcium, when in fact it is simply the lactose they are intolerant to.

Milk protein allergy is when the immune system overreacts to one or more of the proteins found in milk. Milk allergy can be severe and in some cases can cause an extreme and severe reaction known as anaphylaxis (the whole body is affected, often within minutes of exposure to the allergen). When someone has an allergy to milk they can experience symptoms in addition to digestive discomfort, such as:

- skin rashes
- eczema
- nasal congestions and coughing
- swelling of the lips, mouth and tongue

In the past these were sometimes called milk intolerances, but an intolerance doesn't involve the immune system so it is important to distinguish between them. While lactose intolerance can cause a great deal of discomfort, it won't usually produce a sudden or dangerous reaction.



How common is lactose intolerance?

The prevalence of lactose intolerance varies between ethnic groups and the genetic make up of many retains the inability to fully digest lactose. In the UK up to 15% of the population are thought to be lactose intolerant and it is much more on a worldwide basis with 95% of Asians, 75% of Afro – Caribbeans, 50% of Mediterranean people and 10% of northern Europeans thought to be lactose intolerant.

As Britain is a thoroughly multi-cultural society, with the highest number of interracial relationships in the western world, the likelihood of lactose intolerance occurring is increasing. Lactose intolerance can also occur as a temporary or permanent state following gastro intestinal surgery. The elderly sometimes develop symptoms when they are given milk or milky drinks as part of efforts to provide a balanced diet to aid recovery following illness. The combination of age-related changes to the intestines, accumulation of damage secondary to disease, and even the use of antibiotics for other conditions, can all reduce the production of lactase in older people, leading to lactose intolerance.

Lactose intolerance managing it.

A person who has lactose intolerance can minimise their symptoms and stay well by following a low lactose or lactose free diet. The strictness of the diet depends on the severity of the intolerance; for some it may involve avoiding all foods containing lactose whilst for others they will be able to tolerate small amounts. There are a number of ways to reduce the lactose in your diet without avoiding nutrient-rich milk and other dairy products. This is important as milk provides essential nutrients such as calcium.

It is a good idea to eat calcium rich foods such as fish with soft bones, fortified juices, green leafy vegetables, fortified breakfast cereals to ensure you are getting a sufficient supply. It is also important to ensure an adequate intake of vitamin D to aid calcium absorption.

Patients can minimise the disruption of a lactose-reduced diet with Lactofree®, a range of free from lactose* products including semi-skimmed and whole dairy drink, cheese, soft cheese and fruit yogurts. It is the only lactose free range made from real dairy available in the UK and as well as tasting just like dairy it has all the nutritional benefits and is suitable for cooking.

Here are some useful tips to help stay well:

- Always check the labelling on food for lactose or milk derivatives
- Carry some lactase enzyme tablets or drops for when lactose avoidance is not possible
- Check the labelling on tablets and inform the pharmacist dispensing the medicine of the condition
- In the early stages of diagnosis, keep a food diary to establish which foods cause symptoms
- Use a lactose free alternative such as Lactofree milk, yogurt and cheese
- Try lactose free recipes

Here are some useful tips for managing lactose intolerance in children

- If you are attending a party such as a birthday, prepare lactose free alternatives so your child doesn't feel isolated
- Explain why your child needs to avoid lactose and get them involved
- Check labels of favourite foods
- Plan a week of meals and snacks with your child
- Look for lactose free options in the supermarket
- Follow a varied balanced diet with a good supply of calcium