



LACTOSE INTOLERANCE

How to Eat Safely at Rutgers Dining Facilities

WHAT IS LACTOSE INTOLERANCE?

Lactose intolerance is defined as an inability to fully digest the sugar (lactose) found in milk and other dairy products. The enzyme lactase is responsible for the break down of lactose in the small intestine. When there is a deficiency or insufficient amount of lactase in the small intestine, lactose sugar is not properly digested. The undigested sugar then passes to the large intestine causing various degrees of discomfort and symptoms. Symptoms can vary based on the severity of the lactose intolerance and the amount of lactose consumed, and may differ for each person.

SIGNS AND SYMPTOMS

Symptoms of discomfort due to lactose intolerance are usually experienced 30 minutes to 2 hours after eating or drinking foods containing lactose:

- ⚠ Diarrhea (the most common)
- ⚠ Nausea
- ⚠ Abdominal cramping
- ⚠ Bloating
- ⚠ Gas



SELF-CARE

If you've noticed that you experience less gastrointestinal discomfort when you avoid dairy foods, you should continue limiting those foods in your diet. The following tips will also help reduce lactose intolerance symptoms:

Not all dairy foods contain the same amount of lactose. Try varying your intake of dairy to see which amount gives the least amount of discomfort. Greek yogurt (despite containing small amounts of lactose) could be helpful because of the beneficial bacteria cultures and probiotics found in it.



Try choosing smaller portions of dairy. Many people have a tolerance threshold, meaning they can tolerate some dairy without symptoms. Start with small portions to determine how much you can tolerate.



Try lactose-free products such as Lactaid or soy milk, which are typically fortified with the same nutrients found in milk like calcium, vitamin D, and vitamin A.



When avoiding dairy, make sure to get calcium from other food sources such as nuts and seeds, tofu, beans, cooked dark leafy greens (kale, collards, spinach) and calcium-fortified foods and beverages.



LACTOSE FREE IN DINING FACILITIES



Lactose-free dairy products are available in dining facilities. Dining Services typically offers Lactaid milk, soy milk, almond milk, and rice/oat milk. If you don't see any of these in a dining facility, ask for a Chef or Manager.



Be sure to check the ingredients in recipes at food.rutgers.edu to make sure the food item is free of dairy ingredients such as milk or cheese.



FOODS THAT CONTAIN LACTOSE:



- ✓ Milk
- ✓ Yogurt
- ✓ Ice cream
- ✓ Sour cream
- ✓ All types of cheese (parmesan, american yellow, mozzarella, cream cheese, etc.)
- ✓ Baked goods and pastries (cakes, muffins, and some cookies and pies)



SUPPLEMENTS

Don't be deterred if some of your favorite foods are dairy foods. There are supplemental aids available that can be taken to help you digest lactose.

- ✓ LACTAID is a popular supplement which is available in various strengths. This supplement provides the lactase enzyme to help you digest lactose sugar found in dairy.
- ✓ You can find these supplements in campus health centers and convenience stores.

DINING SERVICES CONTACTS:

BUSCH DINING HALL

848-445-4253

THE ATRIUM

848-932-7236

NEILSON DINING HALL

848-932-9798

LIVINGSTON DINING COMMONS

848-445-7250

NUTRITION/HEALTHY DINING NUTRITION SPECIALISTS:

Alison H. Brown, MS, RDN

(848) 932-3648

nutrition@dining.rutgers.edu

Peggy Policastro, PhD, RDN

(848) 932-5447

nutrition@dining.rutgers.edu

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