


Living with Lactose Intolerance



Living with **LACTOSE INTOLERANCE**

If you have been diagnosed as lactose intolerant the good news is that you don't always have to follow a dairy-free diet, some people can still tolerate small amounts of lactose. The symptoms of lactose intolerance are dose-dependent; in other words smaller doses of lactose may be tolerated but larger amounts may cause symptoms. It may take some trial and error but you will learn which dairy products you can still tolerate and in what quantity.

	High in Calcium	High in Protein	Lactose Free
	✓	✓	✓
Cow's Milk	✓	✓	✗
Soya Milk	✗	✓	✓
Almond Milk	✗	✗	✓
Rice Milk	✗	✗	✓
Coconut Milk	✗	✗	✓



Completely cutting milk and dairy products from your diet may mean that you could be missing out on the important vitamins and minerals that diet with dairy can provide.

JUST MILK Lactose Free* provides all of the nutritional benefits of milk without causing any of the symptoms associated with lactose intolerance.

*Contains less than 0.1g lactose.

For more information on JUST MILK Lactose Free visit: www.justmilk.com/lactose-free/intolerance

WATERCRESS SOUP

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 1 small stick celery
- 350g potato, peeled and diced
- 600ml chicken or vegetable stock
- 170g (2 packs) watercress
- 300ml JUST MILK Lactose Free
- Pinch of nutmeg or ground ginger
- Squeeze of lemon juice
- Salt & freshly ground black pepper

METHOD

1. Heat the oil in a large pan, add the onion and celery and sauté over a medium heat for 5 mins until pale golden.
2. Stir in the potato and stock and bring to the boil. Cover and simmer for 10 mins or until the potato is tender.
3. Stir in the watercress, cover and cook for a further 5 mins or until the watercress is wilted.
4. Blend the soup until smooth (with a hand blender or a food processor). Add the milk, nutmeg (or ginger), lemon juice and seasoning to taste. Gently reheat until piping hot and serve with crusty bread.

PREP TIME 10 Minutes

COOKING TIME 20 Minutes

DIFFICULTY Easy



CHICKEN IN MILK

INGREDIENTS

- 1.5kg organic chicken
- Sea salt and freshly ground black pepper
- Olive oil
- 1/2 cinnamon stick
- 1 good handful of fresh sage
- Zest of 2 lemons
- 10 cloves of garlic, skin left on
- 500ml JUST MILK

PREP TIME 20 Minutes

COOKING TIME 90 Minutes

DIFFICULTY Easy

METHOD

1. Preheat the oven to 190°C. Season the chicken generously all over, place in an oven proof casserole dish, fry it in a little olive oil, turning the chicken to get a golden colour all over.
2. Remove from the heat, put the chicken on a plate, and throw away the oil left in the pot. This will leave you with tasty sticky goodness at the bottom of the pan which will give you a lovely caramelly flavour later on.
3. Put your chicken back in the pot with the rest of the ingredients, and cook in the preheated oven for 1½ hours. Baste with the cooking juice from time to time. The lemon zest will sort of split the milk, making a fantastic sauce!
4. To serve, pull the meat off the bones and divide it on to your plates and spoon over plenty of sauce. Serve with wilted spinach or greens and some mashed potato.

YORKSHIRE PUDDINGS

INGREDIENTS

- 300ml JUST MILK
Lactose Free
- 110g plain flour
- 1 egg
- Oil or beef dripping

PREP TIME 40 Minutes

COOKING TIME 15 Minutes

DIFFICULTY Easy

METHOD

1. Pre-heat the oven to 220°C Gas mark 7.
2. Place the flour in a bowl, then make a well in the centre and break the egg into it.
3. Mix in half the milk using a wooden spoon, work the mixture until smooth then add the remaining milk.
4. Beat or whisk until fully combined and the surface is covered with tiny bubbles.
5. Allow to rest for 15 to 30 minutes, whisk again before cooking.
6. Place a teaspoon of fat into each individual pudding tin and place in the oven until the fat is sizzling.
7. Pour the batter into the tins and bake for 10 to 15 minutes for individual puddings until risen and golden brown.

Frequently Asked **QUESTIONS**

1. What is the difference between lactose intolerance and cows' milk allergy?

Lactose intolerance is a condition where a person has difficulty digesting lactose, which is the natural sugar found in milk. Cows' milk allergy is when a person's immune system reacts to proteins in milk.

2. How long does it take for the symptoms to appear after consumption of dairy products?

Symptoms usually appear between 30 minutes and 2 hours after eating or drinking milk or dairy products. The timing will depend on a number of factors: the quantity of lactose, the type of food, when and what else you ate.

3. What is the difference between Fresh and UHT lactose-free milk?

The only difference is that unlike pasteurised/fresh lactose-free milk, which is only heated to 72°C for 15 seconds, long life (UHT) milk is heated to 140°C for 3 seconds which gets rid of every single spore present in untreated milk.

4. How will 0.1g lactose content affect highly intolerant sufferers?

It is unlikely that 0.1g of lactose will affect even the most severely intolerant sufferers but even at such a low level they may experience very mild symptoms if their body is unable to breakdown lactose due to the complete absence of lactase production.

5. If I cook or bake with normal milk will the Lactose be 'burned' off?

Cooking or baking will not burn off the lactose. Lactose is a sugar that is made up of two different sugar molecules, galactose and glucose. The bond that holds these two sugars together is broken by the enzyme lactase.

6. Does JUST MILK Lactose Free* contain as much calcium as ordinary milk?

Yes JUST MILK Lactose Free* contains exactly the same amount of calcium as ordinary milk, approximately 120mg of calcium per 100ml.

7. Other than milk, cheese and yogurt, what are other sources of lactose?

Any food can contain milk so it is essential that the full ingredients listing is checked for all manufactured products. Non-packaged items should be avoided as their ingredients are unknown and they may contain milk or milk derived ingredients.

Be aware that all of the following ingredients contain lactose:

- Butter, margarine and low fat spread
- Quark and fromage frais
- Cream and sour cream
- Casein, caseinates, sodium caseinates and hydrolysed casein
- Whey and whey syrup sweetener

8. What is the minimum age for baby/child cows' lactose-free milk consumption?

Cows' milk can be introduced from the age of 6 months once weaning starts, but it should not be offered as the main drink until 1 year. This means cows' milk can be used in, for example, mashed potato or custard, other dairy products like yogurt and cheese can be offered but milk feeds should remain as breast milk or formula.

9. Why choose JUST MILK Lactose Free*?

JUST MILK Lactose Free* is a valuable replacement for milk as it is an important source of many essential nutrients, such as protein, calcium and B vitamins, and plays an important role in keeping teeth and bones healthy.

You can download an additional copy of our Just Milk Living with Lactose Intolerance booklet by visiting;
www.justmilk.com/lactose-free/links



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