

Lactose intolerance is a condition in which you have digestive symptoms—such as bloating, diarrhea, and gas—after you consume foods or drinks that contain lactose. Lactose is a sugar that is naturally found in milk and milk products, like cheese or ice cream.

In most cases, you can manage the symptoms of lactose intolerance by changing your diet to limit or avoid foods and drinks that contain lactose, such as milk and milk products.

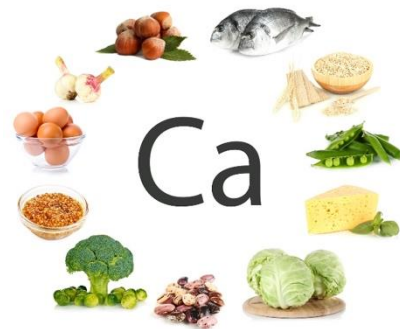
Some people may only need to limit the amount of lactose they eat or drink, while others may need to avoid lactose altogether.

If you are lactose intolerant, make sure you get enough calcium and vitamin D each day. Milk and milk products are the most common sources of calcium, but many foods are sources of calcium but do not contain lactose, including:

- fish with soft bones, such as canned salmon or sardines
- broccoli and leafy green vegetables
- oranges
- almonds, Brazil nuts, and dried beans
- tofu
- products with labels that show they have added calcium, such as some cereals, fruit juices, and soy milk

You can check the ingredient list on packaged foods to see if the product contains lactose. The following words mean that the product contains lactose:

- milk
- lactose
- whey
- curds
- milk by-products
- dry milk solids
- nonfat dry milk powder



Talk with your doctor or a **dietitian** about changing your diet to manage lactose intolerance symptoms while making sure you get enough nutrients.