

PEOPLE ARE MILK AND IM LACTOSE INTOLERANT

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Lactose Intolerance

People who have lactose intolerance have trouble digesting (say: dye-JES-ting) lactose, a type of sugar found in milk and other dairy foods. Lactose intolerance.

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WebMD shows you how certain cheeses, lactose-free milk, probiotics, and more can help keep dairy in your diet.

I'm Lactose Intolerant and Can't Drink Milk | BC Dairy Association

Contrary to what most people think, many of those who are lactose intolerant can have some milk and milk products. Some of the ways to decrease discomfort.

Some people who have lactose intolerance cannot digest any milk products. Others can eat or drink small amounts of milk products or certain types of milk.

Lactose intolerance is a common digestive problem where the body is unable to digest lactose. Some people may still be able to drink a small glass of milk without triggering any.

Within 30 minutes to 2 hours after eating dairy products containing lactose, people with lactose intolerance start to develop stomach cramps.

Related books: [Business Planning for Editorial Freelancers: A Guide for New Starters](#), [Tales Divine](#), [Hard Way Home](#), [Overview of Hepatitis C Virus](#), [Everyday Raw Gourmet](#).

You may still be able to eat or drink small amounts of milk. Lactose intolerance is a common digestive problem where the body is unable to digest lactose, a type of sugar mainly found in milk and dairy products. Even if you don't have trouble with lactose now, there's a chance you might someday. Some have less lactose than others, such as hard cheeses like cheddar and Swiss are. Our bodies use an enzyme called lactase to break down that sugar so we can absorb it into our bodies. For children, however, the above approach may not work so well--and may even be harmful.

References: World J Gastroenterol, Vol. 16. When cooking at home, you can replace your body starts making less lactase when you're around 2 years old.