

GOELIAC DISEASE AND LACTOSE INTOLERANCE

What is lactose intolerance?

Lactose is a type of sugar found in milk from animals (cow, sheep and goat) and is caused by a deficiency of lactase, an enzyme which is found in the lining of the gut. You need this enzyme to absorb and digest lactose. If lactose is not digested it causes uncomfortable gut symptoms. Lactose intolerance is different to a milk allergy which is caused by the protein in milk, not the sugar.

What are the symptoms?

Symptoms of lactose intolerance are similar to symptoms of coeliac disease and include:

- bloating
- stomach pain and cramps
- diarrhoea
- excessive wind (flatulence)
- nausea

Why is lactose intolerance associated with coeliac disease?

Coeliac disease damages the part of the gut where lactase is produced. If your body doesn't make enough lactase, or the enzyme that is made doesn't work properly, then this can cause gut symptoms.

Once on a gluten free diet your gut will begin to heal and you will start to digest lactose again.

Lactose intolerance is usually temporary. Following a gluten free diet allows the gut to heal and lactose digestion will usually return to normal.

What should I do if I think I have lactose intolerance?

The first step is to speak to your GP or dietitian. It is important that you don't cut out lactose from your diet until you have spoken to your healthcare professional.

To find out if you have lactose intolerance your GP or dietitian may suggest that you totally exclude all foods that contain lactose from your diet for up to four weeks. Your symptoms should improve within this time. You can then gradually increase the amount you eat until your symptoms appear, then stick to having just below this amount in your diet. Your dietitian can supervise this and make sure you are not missing out on important nutrients which you would usually get from milk and other dairy foods.

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Diet tips for managing lactose intolerance and coeliac disease

People with lactose intolerance can usually have some lactose in their diet. In fact, eating some lactose can actually help your body become more tolerant to it.

The amount of lactose you can eat without getting symptoms varies from person to person, so you will need to have specific advice and monitoring from a dietitian.

Calcium

People with coeliac disease are at risk of developing osteoporosis, so it is important to have a gluten free diet that is rich in calcium to help keep your bones strong. You can find calcium in a range of foods including:

Food per serving	Calcium
Calcium enriched milk alternative eg soya/almond milk*, 200ml	240mg
Tinned sardines with bones, ½ can drained (42g)	230mg
Cheddar cheese, 30g	220mg
Canned rice pudding*, ½ can (200g)	176mg
Sesame seeds, 2 tablespoons (24g)	170mg
Yoghurt*, 100g	120 - 200mg
Kale, 80g	120mg
Baked beans*, ½ tin	105mg
Kidney beans, 120g	85mg
Dried figs, 30g	75mg
1 orange	70mg
Almonds, 30g	70mg
Gluten free bread*, 2 slices	75mg
Broccoli, 80g.....	30mg
Dried apricots, 30g	30mg

*Check Coeliac UK's Food and Drink Information for suitable products.

Whether you're eating out on the move, in restaurants, or shopping for gluten free food for you and your family, look out for our trusted symbols which mean we're working for you to make things better.



Try these tips

- Choosing food and drink fortified with calcium is important. Soya and almond milk* is lactose free.
- Milk which has been treated to reduce the amount of lactose is available from supermarkets.
- Although made from milk, yoghurts and cheeses (hard and soft) are very low in lactose and can be eaten by most people with lactose intolerance.
- All butter and some margarines are lactose free.
- Combining milk with other foods may help your body to digest lactose, such as adding milk to mashed potato.
- Gluten free foods can sometimes contain milk as an ingredient. Most people with lactose intolerance do not need to avoid these foods.

If you are concerned, contact the gluten free manufacturer directly about ingredients in their specific products.

Visit www.coeliac.org.uk or call us on **0333 332 2033** for more information.

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