

WHAT IS THE TREATMENT FOR LACTOSE INTOLERANCE?

The best advice is not to give your baby foods or drinks that contain lactose. However, sometimes it is not quite that simple. The amount of lactose that can be tolerated varies between individuals – and by avoiding milk and dairy products you are removing a key food group from your baby or toddler's diet. There can be health consequences of that. That's because milk and dairy products are a great source of calcium, which is important for bones and teeth, especially in a growing child.



For breastfed babies with primary lactose intolerance, medical advice is necessary. For those with secondary (transient) lactose intolerance, continued breastfeeding will not harm baby and may help heal the small intestine cell lining. **Ask your healthcare professional for advice.**

For those infants that are formula fed, there are special infant formulas that provide a solution when lactose intolerance is a problem. **Ask your healthcare professional for advice.**



BE informed

To help you make the right decisions for you and your child, ensure you are informed from sources such as www.nestlebaby.com.au

STILL UNSURE?

Being a parent is no easy task in the age of information. If you feel like you still have questions or are unsure about lactose intolerance, discuss this with your healthcare professional.

IMPORTANT NOTICE

Breast milk is best for babies and provides ideal nutrition. Good maternal nutrition is important for the preparation and maintenance of breastfeeding. Introducing partial bottle feeding could negatively affect breastfeeding and reversing a decision not to breastfeed is difficult. Professional advice should be followed on infant feeding. Infant formula should be prepared and used exactly as directed or it could pose a health hazard. The preparation requirements and weekly cost of providing infant formula until 12 months of age should be considered before making a decision to formula feed.

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Lactose intolerance

SIGNS, SYMPTOMS & SUBSTITUTES



FIRST 1000 DAYS
BY YOUR SIDE EVERY
STEP OF THE WAY



PRE-CONCEPTION PREGNANCY 0-3 MONTHS 3-12 MONTHS 12-36 MONTHS

Lactose INTOLERANCE?

Lactose intolerance is a clinical condition, which is due to the intestine's inability to digest lactose, the main carbohydrate, or sugar, found naturally in milk and milk products.

Some toddlers and babies can suffer from this, and the results can be stressful for both mum and baby. Intolerance happens because the intestine does not make enough of the enzyme lactase, which is needed to digest and break down lactose. Enzymes help the body absorb foods and if your baby doesn't have enough lactase, it's called lactase deficiency.



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HOW COMMON IS LACTOSE INTOLERANCE?

There are two forms of lactose intolerance:

- 1 **Primary lactose intolerance** which is a rare genetic condition requiring ongoing medical intervention.
- 2 **Secondary (transient) lactose intolerance** occurs when the small intestine cell lining (where the lactase enzyme lives) is damaged, meaning a reduction of lactase activity. This only lasts until the cell lining is repaired.

Sometimes lactose intolerance can mistakenly be called an allergy. However lactose intolerance does not involve your baby's immune system. It involves sensitivities to lactose (a part of food) which causes reactions in the digestive system, which is still maturing in babies and young children.

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WHAT ARE THE SYMPTOMS I SHOULD LOOK OUT FOR?

Symptoms often occur half an hour to two hours after your baby or toddler drinks or eats milk or dairy products, and may include the following:

- Abdominal pain
- Bloating
- Acute and irritable diarrhoea that can be frothy
- Irritable behaviour
- Restless sleep
- Nausea
- Nappy rash
- Excessive wind

Often symptoms only occur when your baby's body's threshold to tolerate lactose has been passed. For example small amounts of lactose in a tub of yoghurt may be fine, but a large portion of milk may be too much, resulting in a symptom that can be uncomfortable for your little one.

Because symptoms are very general, lactose intolerance can be difficult to recognise. If you are worried, it may be helpful to keep a food diary of what your baby or toddler eats.

If you are unsure how to test for lactose intolerance, or you feel you need help, consult a dietitian or your local doctor.



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