

Lactose Intolerance: is the inability to digest lactose due to a lack of an enzyme called lactase in your small intestine. This can lead to bloating, excessive gas, stomach pains and diarrhea.

What to **AVOID**

- Milk
- Creamer
- Yogurt
- Ice Cream
- Cheese
- Butter
- Margarine
- Cottage Cheese
- Sour Cream
- Whipped Cream
- Chocolates
- Whey Protein

If you absolutely need to have any of the above, take 2 Lactaid pills right before you eat the product which will allow you to better digest it



Read Food Labels looking for words like Lactose, Milk, Cream, Chocolate & Butter.

Ingredients

Milk **Chocolate** (Sugar, Cocoa Butter, Skim **Milk** **Lactose**, Milkfat, Soy Lecithin, Artificial Flavor), Corn Syrup, Sugar, Palm Oil, Skim Milk, Less than 2% - Milkfat, Cocoa

gi DOCTORS

What to HAVE

- Almond, Soy, Coconut, Oat-Based Milk, Creamer, Yogurt, Ice Cream, Pudding
- Earth Balance Butter
- Vegan Cheese



1205 FRANKLIN AVENUE, SUITE 150 | GARDEN CITY, NY 11530
PHONE (516) 650-3355 | FAX (866) 706-0812
www.gidoctorsny.com