# LACTOSE INTOLERANCE: A GUIDE FOR PARENTS

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## LACTOSE INTOLERANCE

Happens when your child's body is unable to break down a sugar called lactose.

**SYMPTOMS:** Bloating, diarrhoea, gas, nausea, abdominal pain, cramps (primarily gastrointestinal symptoms).

### KNOW THE DIFFERENCE



FOOD ALLERGIES

immune system reacts to

certain foods.

Happens when your child's

SYMPTOMS: Rashes, hives,

stomach discomfort, vomiting,

swollen eyes, breathing problems,

### IRRITABLE BOWEL SYNDROME

Happens when your child experiences abdominal discomfort caused by various factors like stress or certain foods.

**SYMPTOMS:** Diarrhoea and/or constipation, abdominal cramps, bloating.

### dizziness, diarrhoea. BOOST YOUR CHILD'S IS YOUR CHILD SENSITIVE TO THESE FORMS OF LACTOSE? NUTRITION Alternatives for lactose intolerance Animal milk FOR CALCIUM Cheese Leafy greens (i.e. kale, broccoli, spinach, bok choy) Butter Tofu Yoghurt Chia seeds Cream Milk alternatives fortified with calcium Ice-cream (i.e. almond, soy, rice milk) Canned fish with bones (i.e. salmon, sardines) FOR VITAMIN D Fatty fish (salmon,tuna) Egg yolk Fortified cereals







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