



How To Find Dairy in Products

What is Lactose Intolerance?

Lactose is a sugar found in milk that is broken down by the enzyme lactase. Individuals that are lactose intolerant do not have (or do not have enough of) the lactase enzyme, and therefore, ineffectively break down and digest dairy products containing lactose. When lactose is not broken down effectively, it passes into the large intestine (colon), and ferments, drawing water into the colon, and causing symptoms such as bloating, abdominal discomfort, flatulence and diarrhoea. Some individuals can tolerate small amounts of lactose or foods that contain little lactose such as hard cheeses.

Reading the Label

INGREDIENTS: Sugar, Whey Powder (Milk), Skim Milk Powder (11%), Coconut Fat, Black Tea Extract (2%), Natural Flavours (contains Wheat), Salt, Cinnamon, Stabiliser (340).

What else can dairy be called?

- Acidophilus milk
- Buttermilk
- Buttermilk blend
- Buttermilk solids
- Cultured milk
- Condensed milk
- Dried milk
- Dry milk solids (DMS)
- Skim milk powder
- Sweetened condensed skim milk
- Whole milk, 1% milk, 2% milk
- Butter extract
- Natural butter flavour
- Whipped butter
- Cheese (all types)
- Cheese flavour (artificial and natural)
- Acid whey
- Hydrolysed whey
- Powdered whey

Always check the labels as foods will often contain milk products.

Some common foods that contain dairy include: Smith's salt and vinegar chips, Corn chips (Doritos, Missions), Chai and hot chocolate

