LACTOSE INTOLERANCE: A GUIDE FOR PARENTS

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KNOW THE DIFFERENCE

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).

FOOD ALLERGIES
Happens when your child’s immune system reacts to certain foods.
SYMPTOMS: Rashes, hives, swollen eyes, breathing problems, stomach discomfort, vomiting, dizziness, diarrhoea.

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.

IS YOUR CHILD SENSITIVE TO THESE FORMS OF LACTOSE?

Animal milk
Cheese
Butter
Yoghurt
Cream
Ice-cream

Boost your child’s nutrition

Alternatives for lactose intolerance

For calcium:
- Leafy greens (i.e. kale, broccoli, spinach, bok choy)
- Tofu
- Chia seeds
- Milk alternatives fortified with calcium (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