

## Lactose Intolerance

People who experience cramps, gas, and diarrhea after consuming dairy products might have lactose intolerance, which is caused by problems digesting lactose, the main sugar in milk and milk products.

Lactose intolerance happens when the body makes too little of the enzyme lactase, which is needed to break down lactose into two smaller sugars, called glucose and galactose. When there's not enough lactase in the body, lactose doesn't get broken down in the small intestine, and it passes into the large intestine where bacteria ferment it into gases and acids.

This process can cause cramps, abdominal pain, gas, and diarrhea about 30 minutes to 2 hours after consuming any foods or drinks that contain lactose.

For most people with lactose intolerance, it remains a lifelong problem. But for some people, it's a temporary condition that begins after they take certain antibiotics or have gastrointestinal infections, and eventually goes away.

Severity of lactose intolerance can vary widely in different individual. Each of them needs to find what works best depending on the symptoms. It may help to keep a food diary as you figure out what foods and drinks you can and can't handle.

People with lactose intolerance may find that other dairy products, such as yogurt and cheeses, are easier to digest than milk. Lactose-free milk is also a great way to get calcium in diet without the problems. A lactase enzyme supplement can be used, too. Taking this before eating foods that contain dairy will help the body digest the lactose sugar in dairy and prevent the symptoms of lactose intolerance, like pain, cramping, bloating, gas, and diarrhea.

People with lactose intolerance are strongly recommended to eat other calcium-rich foods that don't have lactose, like broccoli, collard greens, kale, turnip greens, salmon, almonds, soybeans, dried fruit, and tofu.

### 乳糖不耐症

食用乳制品后出现痉挛，气胀和腹泻的人可能是患上乳糖不耐症，这是由消化乳糖的问题引起的。乳糖是牛奶和奶制品中的主要糖。

当身体产生过少的乳糖酶时，就会发生乳糖不耐症。乳糖酶将乳糖分解成两种较小的糖，称为葡萄糖和半乳糖。当体内没有足够的乳糖酶时，乳糖不会在小肠中分解，并进入大肠，细菌将其发酵成气体和酸性物质。在食用含有乳糖的任何食物或饮料后约30分钟至2小时，该过程可引起痉挛，腹痛，气体和腹泻。

对于大多数患有乳糖不耐症的人来说，这是一个终生的健康问题。但是对于某些人来说，这是一种临时病症，在他们服用某些抗生素或胃肠道感染后开始，并最终会康复。乳糖不耐受的严重程度因人而异。他们需要根据症状找到最有效的方法，须了解你可以和不能选择的食物和饮料，并将其记录在食物日记中。

患有乳糖不耐症的人可能会发现其他乳制品（如酸奶和奶酪）比牛奶更容易消化。饮用不含乳糖的牛奶也可以是补充钙的好方法。也可以使用乳糖酶补充剂，在吃含有乳制品的食物之前服用这种补充剂将有助于身体消化乳制品中的乳糖，并防止乳糖不耐症的症状，如疼痛，痉挛，腹胀，气体和腹泻。

建议患有乳糖不耐症的人食用富含钙的食物，如西兰花，羽衣甘蓝，萝卜青菜，鲑鱼，杏仁，大豆，干果和豆腐。