

# Lactose Intolerant? Fear Not!

**Y**ou may love dairy — however, dairy may not love you back. An estimated 30 million people within the United States have lactose intolerance. This is where the body cannot break down lactose that is in dairy products, such as cheese, milk, and yogurt, which can result in bloating, gas, and diarrhea. Adults must have at least three servings of dairy a day. But, fear not if you are lactose intolerant — there are dairy substitutes available for you!

Many grocery stores now offer reduced or lactose-free products, which do not spoil as quickly and cause little to no discomfort when eaten. Though because of added sugar in these products, diabetics must be careful.

Alternate options include soy, rice, almond, or coconut products. **SOY** is rich in protein, antioxidants, and potassium. **RICE** and **ALMOND** milk are commonly unsweetened and do not contain cholesterol. **COCONUT** milk helps to boost your metabolism and has a smooth texture and taste. Keep in mind, though, that nondairy products do not contain the same vitamins and minerals found in dairy and may contain more fat.

One of the biggest concerns if lactose intolerant is making sure you get enough nutrients found in dairy, such as protein and calcium. There are many calcium-rich foods you can include in your diet such as broccoli, dark green vegetables, salmon with bones, canned fish, and calcium-fortified juices and cereals. Be sure to partner these foods with enough Vitamin D, found in natural sunlight or D-fortified juices, to aid in the absorption of calcium. If you are unsure whether you are getting enough nutrients, such as calcium, protein, magnesium, potassium, zinc, vitamin A and K and most of the B vitamins, be sure to contact your doctor or registered dietitian. He or she may recommend that you take supplements to help balance your diet.



## Dining Centers & Days of Service Call for Lunch Reservations

### LINN COUNTY

#### Albany Senior Center

Monday - Friday (541) 967-7647

#### Brownsville Christian Church

Tues. & Thurs. (541) 466-5015

#### Lebanon Senior Center

Monday - Friday (541) 451-1139

#### Mill City, First Presbyterian

Tues. & Thurs. (503) 897-2204

#### Sweet Home Community Center

Mon., Tues., Fri (541) 367-8843

### BENTON COUNTY

#### Corvallis Senior Center

Monday - Friday (541) 753-1022

### LINCOLN COUNTY

#### Lincoln City Community Center

Mon., Wed., Fri. (541) 994-7731

#### Newport Senior Center

Mon., Wed., Fri. (541) 574-0669

#### Siletz, Tribal Community Center

Mon. & Wed. (541) 270-7416

#### Toledo, Trinity United Methodist

Friday (541) 270-7416

#### Waldport, South County Sr. Center

Mon., Wed., Fri (541) 563-8796