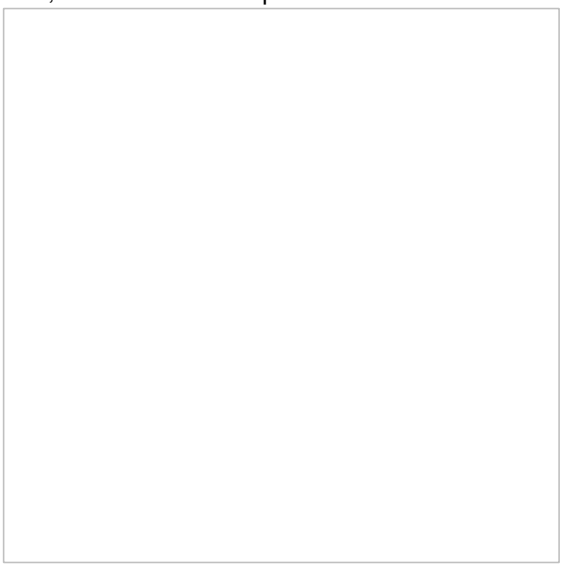
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Tolerating Your Body's Intolerance

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Lactose intolerance is when your body can't product enough lactose, the enzyme produced by the lining of our small intestine, and is needed to digest the primary sugar in cow's milk and other dairy products. As a result, the undigested lactose moves unprocessed into your body and causes gastrointestinal problems, which are uncomfortable but normally not dangerous.

The good news is the symptoms can be controlled by what you eat. Obviously eating fewer dairy products will reduce the effects of the symptoms. Keep in mind, it's important to read food labels because processed foods harbor lactose - some of which might surprise you: processed meats, instant soups, cereals, and salad dressings to name a few.

As you're eliminating, or cutting back, on a major food group like dairy, the nutrients of that food group need to be replaced by those nutrients from another food group. For optimum health we require 1,200 to 1,500mg of calcium per day. Calcium is a major nutrient in dairy and we can fulfill our calcium requirements from many other sources.

Here's a list of some non-dairy options:

- Greens leafy vegetables (such as kale, bok choy, turnip greens and collard greens)
- Soy milk
- Rhubarb
- Almonds and Brazil nuts
- Broccoli
- Beans
- Tuna, sardines and salmon
- Oranges
- Tofu

According to MedlinePlus® of the U.S. National Library of Medicine, it may not be necessary to completely avoid dairy foods as some may be easier to digest than others. But this is not a green light to eat things that cause our bodies distress. Our health is our most important asset - it is the foundation upon which we can build our entire life and assist in enhancing the lives of others.

With Saladmaster as your ally in good health and tasty cooking, you

can make this transition a much more palatable proposition. You can make this transition a fun eating adventure for the entire family by branching out and bringing new calcium-rich foods into your life. When you cook these foods in Saladmaster, you can rest assured that you are maintaining the essential natural nutrients (including calcium) throughout the cooking process while never giving up on flavor.

Need ideas for dairy-free meals? Try one of the delicious recipes below or visit the dairy-free section of this website for many more recipes.

Stuffed Peppers
Chicken & Barley Soup
Cauliflower Quinoa
Fruit Skillet Cobbler
Lentil Vegetable Stew

Sources:

- Mayo Clinic www.mayoclinic.com
- MedlinePlus® www.nlm.nih.gov/medlineplus

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