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Lactose Free

Lactose is a simple sugar found in milk and milk products. To digest this sugar, the enzyme lactase splits it into two simple sugars in the small intestine. When lactase is absent the sugar cannot be digested. It passes into the colon along with extra fluid. The bacteria in the colon break down lactose into lactic acid and gases. Lactic acid causes irritation and the symptoms of bloating, diarrhea, cramps and gas.

Lactose intolerance is uncomfortable, but it does not cause damage to the intestine. The purpose of this diet is to eliminate or reduce lactose ingestion.