

Lactose intolerance - the evidence and translating science into practice

1. What is lactose maldigestion?

- a) Inability to digest lactose in foods
- b) Increased ability to digest lactose in foods
- c) Genetically programmed loss of lactase
- d) Both A and C

2. What are some of the symptoms of lactose intolerance?

- a) Headaches and nausea
- b) Skin redness/ flushing, hives
- c) bloating, cramps, flatulence, abdominal discomfort
- d) None of the above

3. What does dietary management of lactose maldigestion entail?

- a) Avoid all dairy products
- b) At least 250mls milk spread across day with meals, hard cheese, yoghurt
- c) Food challenges with dairy products, spread 3 days apart
- d) None of the above

4. What are the implications of restricting dairy foods on health outcomes with real or perceived lactose intolerance?

- a) Low calcium intakes, poor bone health and missing out on health benefits
- b) Weightloss for individuals with obesity
- c) Both A and B
- d) None of the above

5. How many people are meeting ADG dairy food group recommendations

- a) 1 in 2
- b) 1 in 4
- c) 1 in 10
- d) Most Australians meet ADG requirements

6. Can tolerance to lactose be built up?

- a) No, it is genetically determined
- b) Yes, as production of lactase enzyme slowly increases
- c) Yes, due to colonic adaptation
- d) both C and D

Answers

1. A
2. C
3. B
4. A
5. C
6. C