

Lactose Intolerance

Contributed by Administrator
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Cow's milk, which is a staple food for many people (especially children) can be the cause of many problems, including allergic reactions, digestive disorders and catarrhal congestion. This surprises many people, as we have been brought up to believe that milk is supposed to be the most natural, health-giving food.

Milk however is for calves who:

- Grow at a much faster rate than babies.
- Have a build up of the correct fermentative bacteria in their intestines.

The correct bacteria enable them to digest Cow's milk which differs considerably from human milk (which is specifically for babies).

It does not seem surprising that in some people cow's milk creates a lot of fermentation producing gas which causes distension, discomfort and in some cases severe pain. Some people are allergic to the protein in milk, particularly 'atopic' (genetically inherited) children who develop infantile eczema often followed by asthma and hay fever. They may be able to tolerate Goats Milk, which has a slightly different protein, otherwise Soya Milk (made from the Soya bean) is a good substitute. There are many kinds on the market now, most of which have a perfectly acceptable taste. Cow's milk is high in saturated fats and gives many people problems. It is high in cholesterol and increases the risk of heart and circulatory problems. Goats and Soya milk are much more easily digested. Many people, who have suffered all their lives from catarrhal problems including sinusitis, tonsillitis, ear infections including 'glue ear' in children and so on, experience a dramatic improvement if they cut out milk and milk products from their diet. Some, who are actually allergic to milk, must cut it out altogether, others benefit by reducing them to a minimum, and may tolerate skimmed milk, cottage cheese and yoghurt. There are many products on the market made from the Soya bean such as Tofu (fermented Soya curd) and Soya flour, a variety of Soya breads and Soya ice creams etc. can now be easily obtained. The risk of protein deficiency as a result of a milk free diet normally only applies to vegetarians or vegans who do not eat meat, fish, poultry, eggs etc., and rely heavily on cheese as a source of protein. They should be particularly careful to obtain enough protein from nuts, seeds and grains etc.

Foods To Avoid.

- Milk: fresh, dried, condensed and evaporated.
- Cheese: Hard, cottage, cream etc.
- Cream and creamed foods : custards cream soups, ice creams, quiche etc.
- Butter, buttermilk and margarine.
- Cakes, muffins, biscuits, pancakes, chocolate etc.
- Hamburgers, sausages and all processed foods containing milk products.
- Milk based sauces.
- Baking Mixes.

- Any food or medical product containing any milk derivative

Food Substitutes.

- Instead of Milk use Soya Milk or Goats milk (if allergy is only to cow's milk)
- Instead Of Ice Cream use Fresh fruit sorbets, Soya ice cream (e.g. Swedish Glace) .
- Instead Of Mayonnaise use Tofu dressings, Soya yoghurt (you can flavour this).
- Instead Of Cheese use Soya cheese(which is a little easier to obtain now).
- Instead Of Butter or Margarine use Soya margarine, flax or a blend of flax and other high quality organic, cold pressed oils.
- Do not use polyunsaturated fats as they are full of trans fatty acids that are carcinogenic.
- Quark is partially fermented and pre-digested and is often tolerable.
- Nut Milk : 1 handful of nuts per cup of water. Soak overnight then push through blender in the morning. Will not keep well so drink within 2 hours.
- Tofu Dip or Dressing: Place 250gms of soft tofu in a blender or processor. Add one tablespoon of Tahini (Sesame Seed Paste) a splash of Tamari (Soy sauce), the juice of 1/2 Lemon chopped chives and crushed garlic or any other flavouring you like. Process till smooth and eat within 48 hours.
- Tofu Cheese Cake. Blend 350gms of soft tofu with the juice of 2 lemons, 2 mashed bananas and a little honey. Simmer 2 teaspoons Agar powder in 1/4 cup of fruit juice for 4 minutes. Blend into Tofu. Bake in a pie crust and sprinkle with cinnamon. Bake at 180 degrees centigrade for 20 minutes.

The dangers of a Dairy Free Diet is calcium deficiency, as milk products are often used as the main source of calcium. The daily requirement is thought to be between 400 and 1000mg. In Great Britain it is 400mg. Only 40% of calcium intake is actually absorbed. These days many foods are calcium enriched. The rate of absorption depends on several factors, the presence of Vitamin C and Vitamin D and magnesium. So if taking a supplement make sure it contains Magnesium and Vitamin D. Factors that prevent the good absorption of Calcium are foods containing oxalic acid (in spinach and rhubarb) and phytic acid (present in grains particularly wheat bran).

Sources Of Dietary Calcium.

- Cheddar Cheese 800
- Camembert Cheese 380
- Yoghurt 180
- Goats Milk Fresh 129 (Most are now calcium enriched)
- Cows Milk 12
- Cottage Cheese 60

Nuts, Seeds & Beans.

- Almonds 250

- Soya Flour 250
- Brazil Nuts 180
- Haricot Beans 180
- Red Kidney beans 140
- Tofu 128
- Sunflower Seeds 120
- Buckwheat 114
- Butter beans 85
- Walnuts 61
- Peanuts 61
- Soya Milk 21
- Sesame Seeds 11

Fish.

- Whitebait (fried) eaten whole 860
- Sprats Fried eaten whole 710
- Sardines 550
- Shrimps 320
- Pilchards 300
- Prawns 150
- Haddock 110
- Oysters 110
- Salmon (Tinned) 93

Vegetables & Fruit.

- Parsley 330
- Dried Figs 280
- Turnip Tops 250
- Kale 225
- Watercress 220
- Broccoli 100

- Dried Apricots 92

Other.

- Kelp 1093

- Blackstrap Molasses 579

- Black treacle 500

- Carob Powder 352

- Brewers yeast 210

- Tripe 150

- Egg Yolk 130

- Cocoa powder 130

Anaemia.

Dietary recommendations For Anaemia.

Iron deficiency is the commonest cause of Anaemia. However there are other dietary factors are also necessary for the production of healthy red blood cells. They include Amino acids, Vitamin B6 & B12, Copper and Cobalt and Vitamin C. Vegans (those who eat no animal products at all) should be extremely vigilant in making sure they include a good balance of amino acids and Vitamin B12.

Iron is best absorbed from foods like fish, liver and red meat, and more effectively absorbed in the presence of Vitamin C and Fructose (fruit sugar). Eating fruit and vegetables with iron containing foods aids absorption. Vitamin C and iron are present and in fairly high levels in foods like Broccoli, Kale, Spinach, Peppers and other dark green vegetables.

The daily requirement of iron for adult men is about 1mg. For women of child bearing age this is almost 2mg. Dietary iron is not easily absorbed and only about one eighth of the intake is available to the body. Therefore men need to consume 12mg and women 24mg to obtain their daily requirement. After illness, during lactation and pregnancy, and in blood loss, intestinal disease and malabsorption, these needs increase. Iron absorption can be inhibited by phosphates, phytates and oxalates. These bind with iron to form insoluble substances that are unabsorbable. Foods containing these substances are eggs, spinach, rhubarb and unrefined cereals, especially whole wheat.

It is possible to take too much iron, especially if taking supplements that have not been prescribed by a health professional. Testing for Iron Deficiency Anaemia is essential before supplementing. Taking a diet of Iron , B12 and Vitamin C rich foods is the easiest and preferred way to obtain natural readily assimilated Iron into the body. Eating organically produced foods is especially important if you are eating meats.

Food Sources Of Iron. Food Iron mg./100g.

- Kelp 100

- Curry powder 75

- Shellfish 10 - 40

- Brewers yeast 22
- Liver 12
- Molasses 11
- Cocoa Powder 11
- Pumpkin Seeds 11
- Soya beans 8
- Soya Flour 8
- Parsley 8
- Chives 8
- Lentils 7
- Chick Peas 7
- Almonds 5
- Sesame Seeds 5
- Brazil Nuts 3
- Raw Spinach 3
- Leafy greens 2-3

Food Sources Of B12.

- All seaweeds such as kelp , arame, nori etc., Miso (Fermented Soya bean paste) Blue Green Algae, Spirulina, Chlorella. Brewers yeast. Strict Vegans should have their B12 levels checked annually.

Contact me for a diet sheet.