

HIGH CALCIUM-LACTOSE FREE FOODS

“Tip for Living Well”

By Pamela M. Smith, R.D

It's estimated that nearly 50 million Americans are lactose intolerant -- meaning that they produce too little lactase, which is the enzyme that digests lactose, the naturally occurring sugar in milk products. But, because dairy products are great sources of calcium, a much-needed nutrient, learning how to skip the bloat, but NOT the calcium is in order.

Some dairy products such as yogurt, buttermilk and cheeses contain less lactose so will be better tolerated. You can also buy lactase in a pill form such as lactaid and can use lactose-reduced milk.

You can also bone up your diet with high calcium foods that are lactose-free like the following:

**Broccoli
Bok choy
Collard or turnip greens
Canned salmon with bones
Sardines
Tofu
Calcium-fortified soy milk and soy cheese
Cooked dried beans**

For more of Pam's Tips for Living Well, visit www.pamsmith.com.