



SPORTS

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Find a way for milk products

Lactose intolerance brings a whole new meaning to the saying, "we all scream for ice cream." Bad joke, but seriously, milk products are frequently suggested to athletes as healthy snacks or meal additions.

So what are lactose intolerant athletes to do?

Lactose intolerance is the inability to digest the tasty sugar (lactose) in milk. This results in rather uncomfortable side effects such as gas, bloating and diarrhea. Lactose is found in many of my favourite foods such as cow's milk, cheese, yogurt, goat's milk, ice cream, cottage cheese, sour cream and butter.

Milk products are sources of calcium and vitamin D which is optimal for bone health and other important functions in the body. Often I will promote milk or chocolate milk as a great recovery drink. This is because milk prod-

ucts contain both protein and carbohydrates which makes them a natural recovery fuel.

The good news is that many people with lactose intolerance can actually tolerate small amounts of lactose. Try having small amounts of foods which contain lactose with meals — not on an empty stomach. You may gradually increase the amount over time and find out that you can tolerate these foods.

If that does not appear to work, then there are products at the pharmacy to help you digest lactose. The enzyme lactase is found in caplet form for you to take with milk containing meals or that indulgent cheese platter.

Soy milk is an alternative to cow's milk but ensure it is fortified

with both calcium and vitamin D. Also, make sure to give the carton a solid shake before pouring your glass to mix up the vitamins within.



Theo Phillips
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Rice milk and almond milk are lactose-free but they do not have the same protein content and are not always fortified with the right nutrients.

Many people who think they are lactose intolerant may not actually be truly intolerant. It is important to get diagnosed to avoid the inconvenience, if not necessary, and to not put yourself at risk for nutrient deficiencies.

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