

# Do you feel good after a coffee milk?

Perhaps you're lactose  
intolerant and don't know it.



# adilac

Asociación de intolerantes  
a la lactosa España

## What is Lactose?



Lactose is the so-called sugar of milk, a disaccharide composed of glucose and galactose. A natural sugar present in the milk of all mammals: cow, goat, sheep and all its derivatives: cheese, yogurt, butter, cream, etc. The main problem is that it is also "hidden" in many foods because it is added industrially to sausages, soups, pastries, snacks, medicines, etc

## What is lactose intolerance?

In order to digest lactose, the body must previously divide it into its two simple sugars: glucose and galactose. Poor lactose digestion occurs when there is not enough lactase enzyme in our small intestine, which is necessary to digest this lactose. Lactose reaches the large intestine undigested and there, It is consumed by the bacteria present causing the classic symptoms of this intolerance: bloating, intestinal pain, gas, diarrhea, etc.



**Cut out and keep this food traffic light with you.**  
Consult the full traffic light and the exceptions at [www.lactosa.org/en](http://www.lactosa.org/en)

### Foods

Cow Milk  
Sheep Milk  
Goat Milk  
Human Milk  
Evaporated Milk  
Condensed Milk  
Milkshake  
Butter  
Cream  
Liquid Cream  
Yogurt  
Fresh Cheese  
Cured Cheese  
Milk Cream  
Curd  
Dairy desserts  
Flans...+

### Ingredients

Lactose  
Lactose monohydrate  
Milk sugar  
Dairy solids  
Whey...+

### Additives

E966 Lactitol

### Foods

Cremes  
Soups  
Breads  
Pastries and cakes  
Cold Cuts  
Sausages  
Purees (potato, vegetable)  
Biscuits  
Pancakes  
Pre-cooked meals  
Enriched Cereals  
Salad Dressings  
Mayonnaise  
Ice Cream Sorbet  
Smoothies  
Batters  
Alcoholic Beverages  
Margarine ... +

### Products

Medicine Excipients  
Complex Vitamins  
Toothpaste

### Ingredients

Rennet

### Foods

Fresh fruits  
Dried fruit  
Fish and seafood  
Cereals  
Eggs  
Honey  
Jam  
Potatoes  
Rice  
Pasta  
Vegetables  
Legumes  
White and red meat  
Vegetable drinks  
Starch...+

### Dairy ingredients

Milk protein  
Casein  
Caseinates (Ca,So,Po,Mg)  
Lactalbumine  
Lactoglobulin

### Additives

E101 Riboflavin  
E270 Lactic acid  
E415 Xanthan Gum...+