

**I am lactose
intolerant.
Now what?**



adilac

Asociación de intolerantes
a la lactosa España

Now What?

Once you have been diagnosed with lactose intolerance, you will have important questions about your daily life:

- **In the supermarket** What products can I consume because they do not contain lactose?
- **In the restaurant** What can I order, what can I demand of the restaurant according to the law?
- **In my diet** How do I compensate in my diet for the lack of calcium and nutrients present in dairy products?
- **At the doctor** What medicines should I not take because they have lactose as an excipient?
- **In relationships** What do I do when I am invited to dinner or a work lunch?
- **On how to live with it** How do I deal with this intolerance so that it does not affect me emotionally?

Should we help you?

Information and Activities



www.lactosa.org/en

Inquiries



info@lactosa.org



639 478 056



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