

What's causing your sensitivity to dairy?

The Dairy Digestion Test can help you find out if your sensitivity to dairy is caused by lactose intolerance. All you have to do is eat! (Okay, and track any discomfort you may feel.) If you aren't sure how your digestive system will react to dairy, you should take the test at a time where you're mostly home. If the evaluation indicates you may be lactose intolerant, you should confirm the diagnosis with your doctor.

Dairy Digestion Test Checklist

Use this simple checklist to track your discomfort during the test as outlined in the instructions on Page 2. If you experience any of these symptoms, circle the number indicating its intensity. Discomfort associated with lactose intolerance is typically experienced 30 minutes to two hours after eating dairy.

Day 1 Checklist

Gas	No symptoms	1	2	3	4	5	Severe
Bloating	No symptoms	1	2	3	4	5	Severe
Cramping	No symptoms	1	2	3	4	5	Severe
Diarrhea	No symptoms	1	2	3	4	5	Severe

1 – none ; 3 – mild ; 5 – severe

Day 2 Checklist

Gas	No symptoms	1	2	3	4	5	Severe
Bloating	No symptoms	1	2	3	4	5	Severe
Cramping	No symptoms	1	2	3	4	5	Severe
Diarrhea	No symptoms	1	2	3	4	5	Severe

1 – none ; 3 – mild ; 5 – severe

Dairy Digestion Test Instructions

Day before instructions: Don't eat anything after 10 PM on the night before the test.

Day 1

Day 2

Results

Day 1 instructions:

1. Enjoy a breakfast that doesn't include any dairy, like yogurt or cheese. You can find a list of foods that contain dairy on Page 3. Try eggs and whole wheat toast with jam. In addition, include a large 12 fl. oz. glass of fat free regular milk.
2. Keep track of any discomfort you experience (gas, bloating, cramping, diarrhea) and its intensity over the next three hours using the test checklist on Page 1. Circle the number indicating its intensity. Discomfort from lactose intolerance is typically felt 30 minutes to two hours after eating dairy. Do not eat anything during this time.
Note: If you experience any unusual stomach discomfort beyond the typical symptoms you normally experience during testing, speak with a doctor immediately.
3. Don't eat or drink anything after 10 PM.

Day 2 instructions:

1. Enjoy the same breakfast as Day 1, except replace the fat free regular milk with a large 12 fl. oz. glass of LACTAID[®] Fat Free Milk.
2. Keep track of any discomfort you experience (gas, bloating, cramping, diarrhea) and its intensity over the next three hours using the test checklist on page 1. Circle the number indicating its intensity. Discomfort from lactose intolerance is typically felt 30 minutes to two hours after eating dairy. Do not eat anything during this time.
Note: If you experience any unusual stomach discomfort beyond the typical symptoms you normally experience during testing, speak with a doctor immediately.

Assessing your results:

How did you feel on Day 2 compared to Day 1? If your stomach was upset on Day 1, but not on Day 2, or if the symptoms were milder than on Day 1, you may be lactose intolerant. **Talk with your doctor.** If you are lactose intolerant, LACTAID[®] Products can help you eat dairy again without the discomfort.

Lactose Content List of Common Dairy Food and Beverages

Food and Beverages	Serving Size	Lactose (g)
Milk: whole, low-fat, skim	1 cup	12
Buttermilk	1 cup	12
Goat milk	1 cup	11
Fat free dry milk	1/3 cup	12
Half and half	2 tbsp	Trace
Light cream	2 tbsp	Trace
Whipped Cream	2 tbsp	Trace
Sour cream	2 tbsp	1
Condensed milk, whole	2 tbsp	4
Evaporated milk	2 tbsp	3
Butter, margarine	1 tbsp	Trace
Yogurt, low-fat	1 cup	5-12
Cottage Cheese	1/2 cup	3-5
Ice cream	1/2 cup	6-9
Sherbert	1/2 cup	2
Cheese: American	1 slice	1-2
Cheese: Cheddar, Swiss	1 oz.	1-2
Cream cheese	1 oz.	1