Sensitive to Dairy due to Lactose?

Don’t miss out on your dairy favorites with the LACTAID® Brand!
If you are dairy sensitive due to lactose, your body struggles with properly digesting lactose, because it does not produce enough of the lactase enzyme needed to break down the lactose found in dairy products.

What is Dairy Sensitivity Due to Lactose?

1 out of 4 people are sensitive to dairy due to lactose

It’s common for people’s bodies to produce less of the lactase enzyme as they age, causing more noticeable symptoms later in life

Dairy sensitivity is a spectrum, and symptoms and their severity can vary from person to person and from the amount of dairy consumed

Symptoms can include:
- Bloating
- Gas
- Cramping
- Stomach Pain
- Diarrhea
LACTAID® Dairy Products are 100% Real Dairy, just without the lactose. Those who are sensitive to dairy due to lactose are now able to enjoy their dairy favorites without discomfort.

LACTAID® Dietary Supplements work in harmony with your body to help you naturally digest the lactose in dairy, so you can enjoy your favorite foods whenever and wherever you choose without discomfort!

Hard cheeses like Cheddar and Parmesan are low in lactose. Soft cheeses like Mozzarella, Feta and American are high in lactose. Margarine is lactose free and butter is low in lactose.

Take with your first bite or sip of dairy to help prevent discomfort due to lactose.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Cooking Tips & Tricks
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- Margarine is lactose free and butter is low in lactose.
Your favorite Flavorful Pasta Primavera now lactose free!

Pasta substitute:
The pasta featured here is rotini, which is a short, spiral-shaped pasta. You could also use bow tie, cavatelli or rigatoni.

Ingredients

- 1 pound fresh asparagus spears
- 8 ounces dried rotini pasta
- 1 large red or yellow sweet pepper, cut into 1-inch pieces
- 1 cup assorted fresh summer squash, such as halved sunburst squash and/or sliced zucchini or yellow summer squash
- 2 cloves garlic, minced
- 2 teaspoons olive oil
- 1 1/2 cups LACTAID® Reduced Fat Milk
- 1/2 cup reduced-sodium chicken broth
- 3 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 1 tablespoon snipped fresh tarragon or basil
- 1/4 teaspoon crushed red pepper
- Salt
- Ground black pepper

Preparation

**STEP ONE**
Snap off and discard woody bases from asparagus. Bias-slice asparagus into 1-inch pieces.

**STEP TWO**
Cook pasta according to package directions, adding asparagus, sweet pepper, and squash to pasta during the last 3 minutes of cooking; drain. Return pasta and vegetables to hot saucepan.

**STEP THREE**
Meanwhile, in a small saucepan cook and stir garlic in hot oil for 1 minute. Using a whisk, combine LACTAID® Reduced Fat Milk, chicken broth, flour, and 1/4 teaspoon salt. Add mixture to saucepan. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more. Stir in tarragon and crushed red pepper. Pour over pasta and vegetables; toss gently to coat. Season to taste with additional salt and ground black pepper.

For nutritional facts information please visit recipes.lactaid.com

Want more information?

Visit us at Lactaid.com or call us at 1-800-LACTAID.

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