乳糖或奶製品不適症

奶可強化骨骼和牙齒，但如果在消化奶或奶製品方面有困難該怎麼辦？

什麼是乳糖不適症？

乳糖是奶中的天然糖，有些人對乳糖消化不良，乳糖如果不能消化，就可能有腸胃**脹氣、肚子脹、腹痛**或**腹瀉**等現象。這種情形在食用或飲用含有乳糖食物之後約30分鐘至兩個鐘頭後發生。如果你有這些問題，你的醫生可以做一個簡單的測試確定你是否有乳糖不適症。

奶過敏症和乳糖不適症是否相同？

奶過敏症和乳糖不適症是不同的。奶過敏的人是對奶中的蛋白質過敏，這種病例極為少見，大多數對奶過敏的兒童在3歲之前就不再有這種症狀，這種症狀可能發生的情形包括：長紅疹、腹瀉、或有可能便秘、支氣管炎及大便中帶血，必須由醫生來診斷。

我為什麼需要奶製品？

雖然其他食物中也含鈣，但**奶製品**是鈣質的主要來源。孩子需要鈣以保持健康的骨骼和牙齒，缺鈣會導致將來骨骼細小和脆弱，這種現象稱為骨質疏鬆症。所以每個人都需要食用大量富含鈣質的食物，建立起自己強壯的骨骼。

奶製品以外的鈣質來源。

富含鈣質的食物來源：

- ▲ 大豆
- ▲ 豆腐
- ▲ 綠色芥蘭菜（Collard Greens）
- ▲ 三文魚
- ▲ 煮豆
- ▲ 烤豆類

含一定數量鈣質食物的來源:

- ▲ 蛤蜊或牡蠣
- ▲ 豆芽
- ▲ 芥菜和蕪青(大頭菜)
- ▲ 杏仁
- ▲ 橘子
- ▲ 玉米餅(Tortillas)

如果我患有乳糖不適症怎麼辦？

- ▲ 增加飲用奶或奶製品次數，每次飲用小量。
- ▲ 在用餐或吃點心時，與其他食物一起飲用奶製品或奶
- ▲ 食用含乳糖較低的食物，如乳糖含量較低的奶、硬乳酪、鬆軟鮮奶酪（Cottage Cheese）、**含活性培養菌**的酸奶和霜淇淋
- ▲ 購買標明含**低乳糖**或**無乳糖**的食物
- ▲ 在超級市場奶製品部門尋找**酸乳菌**奶或**低乳糖**奶。如果你有乳糖不適症，這些食物既美味且易消化。如果你想用WIC支票購買這些食物，請向WIC工作人員查詢這些類型的奶。
- ▲ 請您的醫藥師或醫生給你**乳糖**脢藥片或滴劑的處方，幫助你消化奶或奶製品。你可在你的全脂奶、2%低脂奶、1%低脂肪奶或脱脂奶中加入此滴劑，成爲低乳糖的奶或奶製品。

含乳糖的奶製品

高	中等	中低	低	較低
奶	霜淇淋	酸奶	鬆軟鮮奶酪	乾乳酪

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CHINESE

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Washington State Department of Health

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Health Education Resource Exchange Web Team

PRINTING SPECIFICATIONS

Title:	**Lactose or Dairy Intolerance**
Size:	5.5 x 9
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Ink color:	4-color process
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