

Ohio SNAP-Ed Adult & Teen Programs Don't Let Lactose Intolerance Stand in the Way!

Task Topic:	<u>Dairy</u>
Task Title:	<u>Don't Let Lactose Intolerance Stand in the Way!</u>
Teaching Message(s):	<input checked="" type="checkbox"/> <u>When consuming dairy products like milk, cheese, yogurt, etc., choose low fat or fat free options.</u>
Resources:	<u>Adapted from <i>ChooseMyPlate.gov</i>, <i>Dietary Guidelines</i>, American Dairy Association Mideast</u>

Objectives for the Task:

1. Define "lactose intolerance."
2. Name 2 strategies to increase calcium intake for lactose-intolerant people.

Materials needed for the Task (including Handouts):

- Fact Sheet – Lactose Content of Foods
- National Dairy Council food models:
 - 2% milk
 - Nonfat (skim) milk
 - Chocolate milk
 - Ice cream
 - Yogurt
 - Cottage cheese
 - Swiss cheese
 - Cheddar cheese
 - Parmesan cheese
- Fact Sheet – Enjoy Dairy Again!

Food and Equipment for Demonstration and Sampling:

- [None needed for this lesson]

General Materials List:

- Flip chart paper
- Thought box
- Highlighters
- VOICE principles
- Post-it notes
- Markers
- Masking tape
- Participant evaluation forms
- Index cards
- Pens
- Name tags

Preparation:

- Set out the National Dairy Council food models for the Apply activity.

Key Points to Review:

- Introduce yourself. Give brief description of the program (program name, length of sessions, duration of program).
- Include your purpose as the facilitator (i.e. to introduce ideas that are supported by research, to give them the tools to make informed decisions about areas that affect their



health & nutritional needs, and to identify topics that might be covered based on the curricula used in the program).

- Review the V.O.I.C.E. Principles.
- Ask participants to sign in on the SNAP-Ed sign-in sheet.
- Remember to pass out the appropriate participant evaluation form at the end of the session, making sure to read the questions out loud to the participants.

Transition:

Last time we met, we discussed.... We also Who would like to share an example of ...?

Today we will focus on lactose intolerance – a common problem for many people – and offer strategies for how people with mild to moderate lactose intolerance can ensure adequate calcium intake – including eating dairy foods.

Let's begin our lesson today with a talk about physical activity. It's important to get at least 30 minutes of moderate physical activity most days of the week to reap health benefits. The nutrients in dairy products are important for maintaining bone strength. The best exercise for your bones is the weight-bearing kind, which forces you to work against gravity. Some examples of weight-bearing exercises include weight training (though the weights don't have to be heavy to be beneficial), walking, hiking, jogging, climbing stairs, tennis, and dancing. Pairing weight-bearing exercise with adequate dairy intake is a win-win combination for healthy, strong bones!

Physical activity guidelines can be found at the following websites:

- Office of Disease Prevention and Health Promotion: www.health.gov/paguidelines/
- CDC: <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>
- President's Council on Fitness, Sports, and Nutrition: www.fitness.gov/being-active/physical-activity-guidelines-for-Americans/

Anchor

How many of you know someone who has stomach trouble when they drink a glass of milk? How much milk does it take for them to experience this? What do they do to avoid this?

Add

Some people lack the enzyme lactase, which is needed to digest lactose, or milk sugar. This condition, called lactose intolerance, does not involve the immune system like a food allergy does. People with lactose intolerance may feel uncomfortable 30 minutes to 2 hours after consuming milk and milk products. Symptoms of lactose intolerance include gas, bloating, abdominal pain, diarrhea and nausea. The severity of symptoms is often related to how much lactose is consumed and when it is consumed in relation to other foods. Below are some strategies for dealing with lactose intolerance.

- Most lactose-intolerant people can safely ingest ½ cup (4 oz) of milk without experiencing symptoms. If you're not sure if you are lactose intolerant, start with small amounts of milk products containing lactose and gradually increase the portion size to determine your tolerance level.



- Try dairy foods other than milk. Many hard cheeses (cheddar, Swiss, Parmesan) have less lactose than milk. Yogurt made with live, active bacteria is also a good choice. Check the label to make sure the yogurt contains live, active bacteria or “cultures.”
- Eat lactose-containing foods and beverages in combination with a meal or with solid foods rather than alone. This slows the release of lactose into the digestive tract, making it easier to digest. Another solution is to take the enzyme lactase before consuming a milk product or along with it.

If you choose not to eat dairy products, then consume other calcium-rich foods. You can refer to the fact sheet I passed out earlier that shows different non-dairy sources of calcium in other food groups.

Pass out a copy of the Fact Sheet – Lactose Content of Foods to each participant.

This fact sheet shows examples of dairy foods that are high in lactose, ones that have some lactose, and ones that are low in lactose. It also has tips for how you can manage your symptoms of lactose intolerance while still enjoying dairy foods.

Apply

Ask the participants to stand in front of the room. Give each participant a food model representing a dairy food. Have them line up in order of highest lactose content to lowest lactose content. If the group is large, recruit some volunteers for the exercise to represent the dairy foods, and have the other participants help arrange them in order.

We are going to do a fun activity that illustrates the lactose content of different kinds of dairy foods. I will give each of you a food model of a dairy food. Form a line such that the person with the food having the highest lactose content is in the front of the line, and the person with the food having the lowest lactose content is in the back of the line. Work with others to put yourselves in the order you think is correct. You can refer to the fact sheet I passed out for assistance.

Play fun music while the participants do this activity. Help them by reminding them which foods are higher, and which are lower, in lactose. Refer to the Facilitator’s Notes section for answers for specific lactose amounts in each food.

Let’s look at the order you put yourselves in. Remember that regular milk – regardless of fat content – tends to be the highest in lactose, while hard cheeses tend to have very little lactose. Yogurt has some lactose, but the live active cultures help make it easier to digest. All of these foods are great sources of calcium and other important nutrients and are ideal to include in your diet each day. Hopefully some of the strategies we talked about today will help you achieve that goal.

Away

Pass out a copy of the Fact Sheet – Enjoy Dairy Again! to each participant.

This fact sheet, along with the fact sheet called *Lactose Content of Foods*, contains



information and tips about being able to eat dairy products even if you have lactose intolerance. Circle a tip that you think you could do or recommend to someone who has lactose intolerance.

Facilitator's Notes:

Lactose content of foods for Apply Activity:

2% milk (1 cup), 12 g	Cottage cheese (1/2 cup), 3 g
Nonfat milk (1 cup), 12 g	Swiss cheese (1 slice), < 1 g
Chocolate milk (1 cup), 9.5 g	Cheddar cheese (1 slice), < 1 g
Ice cream (1/2 cup), 5 g	Parmesan cheese (1 Tbsp), < 1 g
Plain yogurt (1 cup), 13 g	

Facilitator's Checklist:

- ☐ Have I gathered all of the pertinent materials needed for the lesson?
- ☐ Did I spend the requisite amount of time covering each targeted message?
- ☐ Did I apply the principles of adult learning to my program?
- ☐ Did I create a comfortable and functional learning atmosphere?
- ☐ Did I fill out a Program Log with the necessary program information?
- ☐ Did I ensure that all participants signed the sign-in sheet?
- ☐ Did I read the survey instrument out loud to the participants?
- ☐ Did I collect all requisite survey instruments needed for today's lesson?

