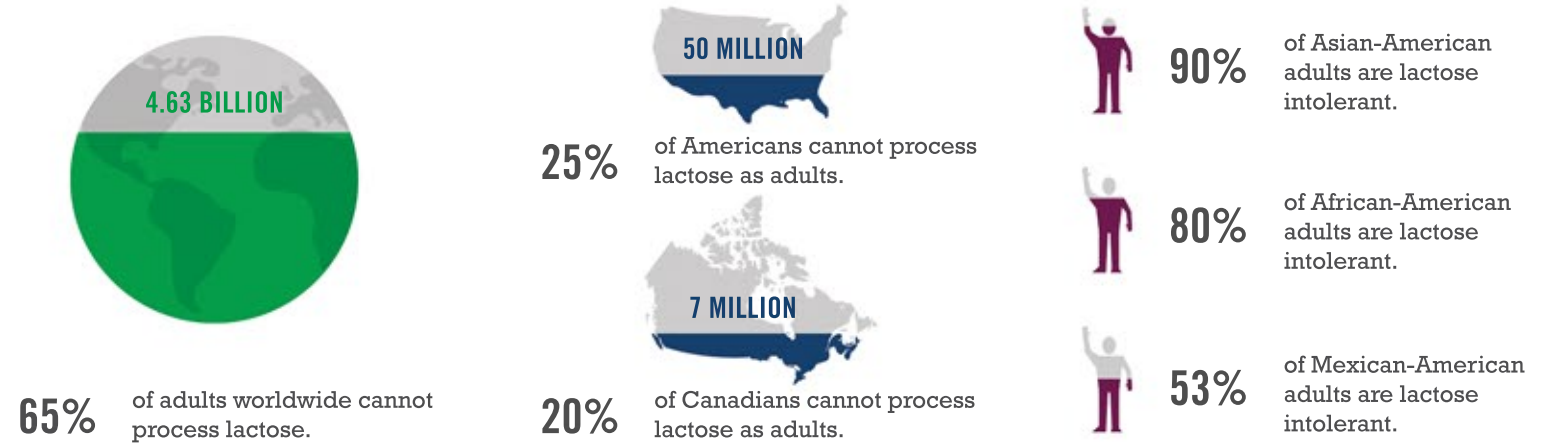


A DIGESTIBLE GUIDE TO LACTOSE INTOLERANCE

Lactose intolerance means the body cannot easily digest lactose, a natural sugar. Which also means a lot of upset stomachs.

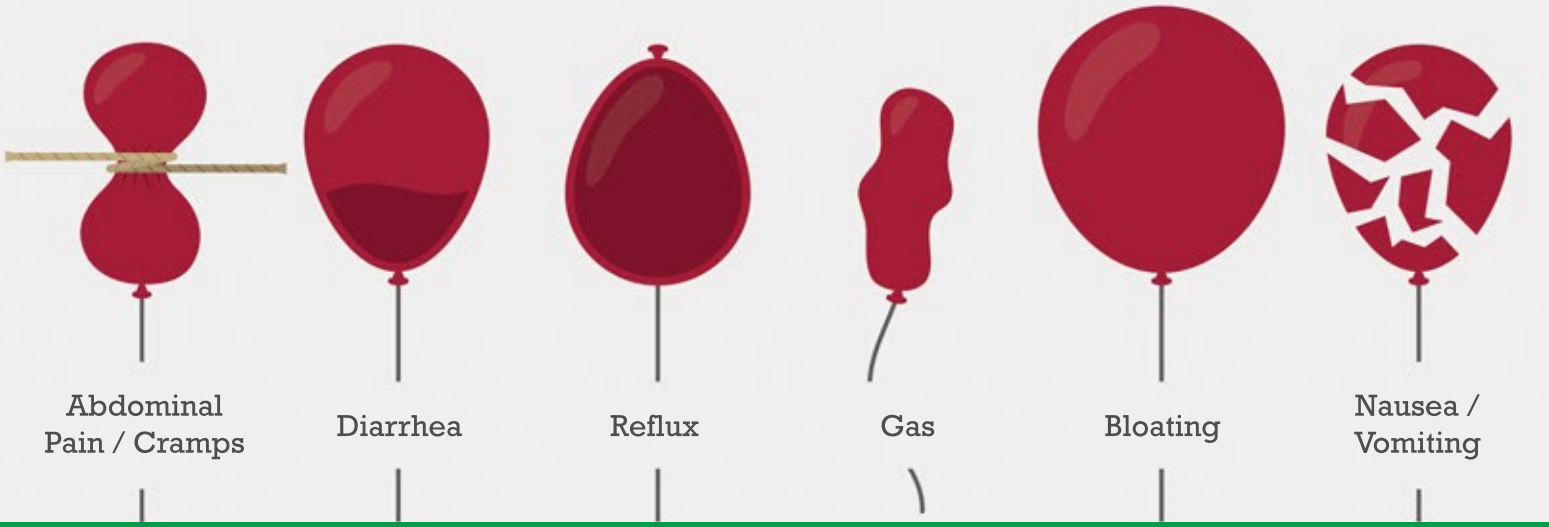
To the 4.63 billion people on the planet, including 50 million Americans and 7 million Canadians, who suffer through a life without pizza, mac n' cheese or grilled cheese sandwiches: May this be your guide back to cheesy bliss.

DEMOGRAPHICS A break down of the lactose intolerant.

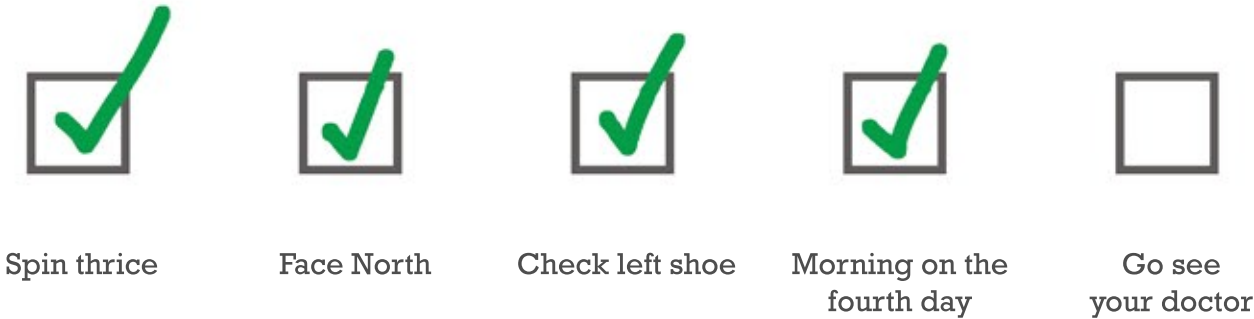


Sources: National Institutes of Health and Canadian Digestive Health Foundation

SYMPTOMS In short, gut problems.



DIAGNOSIS At 6pm every day for three days, spin thrice and face the North. If you find cheese in your left shoe on the morning of the fourth day, you are Lactose Intolerant.* Or, go see your doctor.



* Do not actually do this. It is a joke.

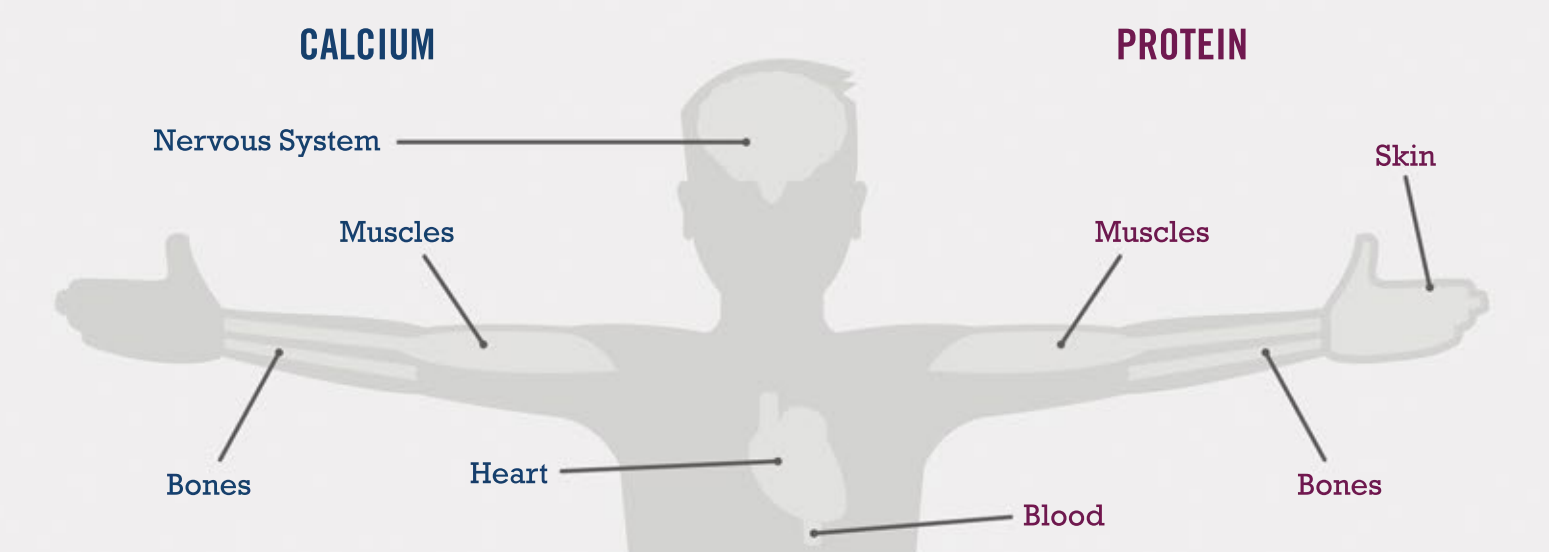
TREATMENT Because sadly, there is no cure.



LACTOSE INTOLERANCE VS. DAIRY ALLERGY Lactose intolerance is not the same as a dairy allergy. See below to find out if you can eat a pint of ice cream by yourself.



THE IMPORTANCE OF CALCIUM + PROTEIN Good news, lactose intolerant friend: two GO Veggie! Lactose Free slices provide the same amount of protein + 66% more calcium than a glass of milk, helping you keep these important things strong.



HIDDEN SOURCES OF LACTOSE See if you can solve the lactose mystery. Be wary of WHEY, which can be lactose in disguise.

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- rocessedP eatsM
- akingB ixesM
- edicationsM
- rozenF afflesW

RECIPES Try these lactose-free delights. Find the recipes at goveggiefoods.com/kitchen.

