



Do You Have Trouble with Milk Foods?



When you are pregnant, it is important to eat foods with calcium, vitamin D, and protein. Milk foods can be a good way to do this. But some women have a hard time digesting milk foods. This is because milk has lactose, a sugar that many people cannot digest.

You can make it easier to digest milk foods.

You can:

- Eat or drink small servings of milk or yogurt five or six times a day. Have 1/2 cup at a time.
- Have milk with a meal instead of by itself
- Heat your milk before you drink it
- Use milk to make soups or casseroles

Choose foods low in lactose.

- Try yogurt with live active cultures in it. Read the label.
- Eat hard (aged) cheeses. Try jack, cheddar, mozzarella, or parmesan.
- Drink cultured buttermilk. Use it when you bake.

Try these products to help digest milk foods:

- Ask your health care provider about products like Lactaid™ and DairyEase™
- You can take these pills before you eat ice cream, yogurt, and cheese or drink milk
- You can also get liquid drops to add to milk
- You can buy lactose-free milk. WIC offers lactose-free milk and calcium fortified soy milk.

If you still have problems:

- Look for hidden lactose in foods. If the food label lists the words curd, whey, milk by-products, dry milk solids, or non-fat dairy powder, the product contains lactose.
- Ask your health care provider before you take any medicines for diarrhea or gas

Take extra calcium with vitamin D.

- Talk to your health care provider and/or dietitian about what type and how much to take