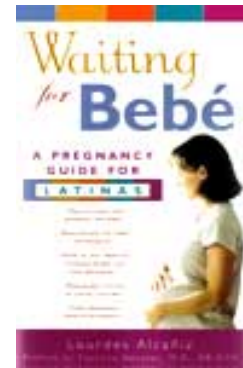


## Got Lactose?

*I love leche as much as the next dairy farmer! But I always wondered how can women produce breast milk, if they are lactose intolerant? If you have ever thought that and other questions then Lourdes Alcañiz's book "Waiting for Bebe" is the perfect book for you...here are some tips about lactose intolerance and pregnancy straight from page 156-57.*



Half of all Latinos are lactose-intolerant. People with lactose intolerance lack enzymes that help to break down lactose in the stomach. Lactose is a type of sugar that's found in milk and milk products. Without this enzyme lactose can't be digested into small particles to be absorbed through the bloodstream.

Milk is one of the most recommended foods during pregnancy because it contains so much calcium. But even if you're lactose- intolerant, it's still possible to provide your baby with calcium.

- \* Take calcium supplement pills. During pregnancy you need 1,200mg of calcium a day!
- \* Try yogurt made with lactobacillus bacteria. These bacteria predigest much of the lactose, making yogurt more digestible.
- \* The enzyme needed to digest lactose is available in pill form. Take one at the same time you eat foods containing lactose.
- \* Increase your intake of other foods rich in calcium, such as green leafy vegetables, sardines, and breads fortified with calcium. Another source is calcium-fortified soy milk.

Want more information? Visit [www.waitingforbebe.com](http://www.waitingforbebe.com)!