

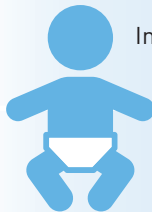


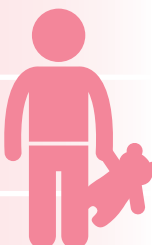












**Lactose intolerance is one of the most common forms of food intolerance and is often confused with cow's milk allergy**

Lactose intolerance results from a reduced ability to digest lactose, the main digestible carbohydrate in mammalian milk. The fermentation of undigested lactose can lead to gastrointestinal symptoms similar to the symptoms of cow's milk allergy.

Cow's milk allergy		Lactose intolerance (primary or adult type)	
	<b>Cow's milk allergy</b>		<b>Lactose intolerance</b> (primary or adult type)
	Immune-mediated reaction		Enzyme deficiency
	Peaks during the first year of life		Onset of symptoms: 5–6 years of age
	Tends to remit in childhood (2–5 years of age)		Irreversible
	Cow's milk proteins		Lactose
Angioedema of the lips, tongue, and palate; oral pruritus, nausea, abdominal pain, vomiting, diarrhea, blood and/or mucus in stool		Abdominal pain, nausea, bloating, flatulence, diarrhea	
Skin (urticaria, angioedema); respiratory system (from nasal itching to shortness of breath); other (signs of anaphylaxis); atopic eczema		Headache, vertigo, memory impairment, lethargy	
	Oral food challenge		Lactose breath test
Diet free of cow's milk protein		Low-lactose diet	

## When to restrict lactose

<b>Congenital lactase deficiency</b> <i>Complete exclusion of lactose</i> 	<b>Primary lactose intolerance</b> <i>Low lactose</i> 	<b>Secondary lactose intolerance</b> <i>Low lactose (temporarily)</i> 	<b>Cow's milk allergy</b> <i>No restriction (except in the case of severe enteropathy)</i> 
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**Unnecessary elimination of lactose from the infant's diet is disadvantageous for the development of a healthy gut microbiome.**

**A better knowledge of the differences between lactose intolerance and cow's milk allergy can help limit misunderstandings in diagnosing and managing these conditions.**

### Lactose intolerance

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