



## FACT SHEET

# LACTOSE-FREE MILK



### **Q | What is lactose-free milk?**

**A |** Lactose-free milk is 100% natural cow's milk that doesn't contain lactose, a type of sugar found in regular milk. Lactose-free milk is easier to digest for individuals that are sensitive to lactose or have lactose intolerance.

### **Q | What is lactose?**

**A |** Lactose is a natural sugar found in milk and other dairy products that's broken down in the body with the help of an enzyme called lactase. Produced by the small intestine, lactase breaks down the lactose in dairy products into simpler sugars—glucose and galactose—during the digestion process.

### **Q | What is lactose intolerance?**

**A |** Many Americans are lactose intolerant, which means they are unable to fully digest lactose. Lactose intolerance is usually caused because an individual's small intestine doesn't produce enough of the lactase enzyme to break down the complex sugars of lactose.

### **Q | How is lactose removed from milk?**

**A |** One of the methods is to add the naturally occurring lactase enzyme to cow's milk before pasteurization. This breaks down lactose into smaller, easier-to-digest sugars. Specifically, the lactase enzyme turns the complex sugars of lactose into simpler sugars—glucose and galactose—which are more easily digested and absorbed by the body.

### **Q | Is lactose-free milk good with coffee and tea?**

**A |** Yes, lactose-free milk is an ideal addition to coffee and tea drinks and a delicious alternative to other creamers. It also provides the same foaming and frothing as regular milk in coffee drinks. Due to its sweeter taste profile, lactose-free dairy milk helps balance coffee's natural acidity. Consumer taste tests revealed that it is preferred over other lactose-free milks due to added benefits, such as superior aroma, flavor, texture and all the nutrition, including quality protein!

### **Q | Why does lactose-free milk taste slightly sweeter?**

**A |** Lactose-free milk often tastes sweeter because the simpler sugars are sweeter than lactose. There is no added sugar or change to the total amount of carbohydrates in the milk.

## LACTOSE-FREE MILK

Continued

**Q | Is lactose-free milk still real milk with the same nutritional value?**

**A |** Absolutely! Lactose-free milk is still cow's milk with all the essential nutrients like calcium, protein, and vitamins, just without the lactose.

**Q | Who should drink lactose-free milk?**

**A |** Although lactose-free milk is designed for individuals with a sensitivity to lactose or lactose intolerant individuals, it is enjoyed by and safe for anyone.

**Q | Is lactose-free milk dairy-free?**



**A |** No. Lactose-free milk is dairy and not suitable for those with dairy allergies or following a vegan diet.



Scan this QR code to watch a video about lactose-free milk.



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# THE PROCESS OF MAKING LACTOSE-FREE MILK

Lactose-free milk is made by breaking down the lactose sugar into smaller, easier-to-digest simpler sugars (glucose and galactose). Here is a more detailed breakdown of the process:



## RAW MILK COLLECTION

Dairy cows are milked and the milk is collected in sterile containers.



## ADDITION OF THE LACTASE ENZYME

This enzyme, which is naturally produced by the body to digest lactose, is added to the milk and allows it to break down lactose into smaller sugars.

## PASTEURIZATION

Milk is heated to a specific temperature to kill harmful bacteria and extend the shelf life.



## TESTING & PACKAGING

The lactose-free milk is tested to ensure the lactose levels are undetectable and then packaged.



## DELIVERY

The lactose-free milk is shipped to grocery stores, coffee shops, restaurants, etc.