

What to do if a Baby is Allergic to Milk?

Aradhana Dixit*

Department of Food and Nutrition, India

***Corresponding Author:** Aradhana Dixit, Department of Food and Nutrition, India.

Received: July 29, 2019; **Published:** August 16, 2019

DOI: 10.31080/ASNH.2019.03.0415

If a baby is allergic to milk the condition is known as "lactose intolerance". baby cannot digest milk. It is a condition when milk sugar doesn't splits into smaller molecules...glucose and galactose to be utilized by cells.

What to do in this condition?

- Avoid specially buffalo's milk.
- Try lactose free milk and milk products available in market.

Plus you can try following recepies

- Fruit juices which are not too sugary
- Porridge
- Grated apple with little sugar
- Vegetables and vegetables preparations.

How should one recognize this condition?

Common symptoms may be

- Diarrhea
- Bloating
- Swelling
- Flatulence or gas
- Nausea or vomiting

Within 2 hours of consuming milk.

How do docs recognize it?

Through hydrogen breathing test

Why do my baby is lactose intolerant? Can one also become lactose intolerant during later years?

Oh yes! One can become. Lactose. Intolerant at any stage of life, due to lack of enzyme lactase. This enzyme is present in lining of

gut. For adults lactose intolerance can also occur due to disease or starvation. When, we don't feed the gut.

Can lactose intolerance worsen?

Answer is yes. if not taken care of.

How to treat lactose intolerance?

One can try enzymes available in the market/go for lactose free formula. The best is to avoid dairy products.

Volume 3 Issue 9 September 2019

© All rights are reserved by Aradhana Dixit.