

FAQs related to Amul Lactose Free Milk

What is Lactose?

Lactose is a sugar (carbohydrate) present in the milk and is the primary source of energy that comes from milk. Lactose is basically made up of two smaller sugars called Glucose and Galactose. Lactose makes up around 4.5-5% of the milk (by weight) and is the major constituent of SNF (solid not fat) in milk.

Infants nurse on their mothers to drink milk, which is rich in lactose. The intestine secretes the enzyme called lactase to digest it. This enzyme cleaves the lactose molecule into its two subunits, the simple sugars glucose and galactose, which can be readily absorbed

What is Lactose Intolerance?

Lactose intolerance, also called lactase deficiency and hypolactasia, is the inability to digest lactose, a sugar found in milk and to a lesser extent dairy products.

Lactose intolerant individuals have insufficient levels of lactase, the enzyme that helps in breaking down of lactose into glucose and galactose, in their digestive system. In most cases this causes symptoms which may include abdominal bloating, rumbling stomach, and other discomfort after consuming significant amounts of lactose.

How do I know if I have lactose intolerance?

Common symptoms of Lactose intolerance are abdominal bloating, rumbling stomach, other discomfort. If you feel discomfort after drinking a glass of milk one time, you probably do not have lactose intolerance. But if you discomfort every time you have milk, ice cream, or another dairy product, you may have lactose intolerance. If you think you might have lactose intolerance, talk it over with your doctor. Your doctor can make sure that your symptoms are caused by lactose intolerance and not by another problem.

How can you prevent lactose intolerance?

Lactose Intolerance is a condition rather a disease and there is no treatment in strict sense. However it can be prevented by measures like lactose reduced / free food as well as modification in your diet in consultation with your physician.

Why is Lactose Free Milk sweeter than the normal Milk?

During processing of milk, lactose in the milk is broken down into glucose and galactose. Hence the content of glucose in the milk becomes high. Since sweetening index of glucose is five times that of lactose, and sweetening index of galactose is four times that of lactose, the milk tastes sweeter without adding any sweetening substance.