



Soy and Lactose intolerance

Lactose, a disaccharide consisting of glucose and galactose, is the sugar that naturally occurs in cow's milk, and therefore also in products derived from milk. Since soyfood are naturally free from lactose soy is a good alternative for dairy product.

Humans who cannot digest lactose due to insufficient production of the lactase enzyme in the small intestine, experience problems when consuming dairy products such as flatulence, gurgling noises and diarrhoea. Non-specific abdominal disorders also often indicate lactose intolerance.

In the majority of humans, intestinal lactase activity decreases during childhood and adolescence to about 5% to 10% of the activity at birth. It occurs in almost 75% of the world's population.

The prevalence of hypolactasia varies greatly between different populations. In Asians, hypolactasia is present in 60% or more. In certain groups this figure even rises to almost 100%. However, among Europeans, prevalence is mostly lower than 30%.

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References

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