Healthy Eating in Indian Country:

Do You Have a Problem Drinking Milk?

*You may have **Lactose Intolerance** if drinking milk, or eating dairy foods, gives you stomach discomfort.*

What Is Lactose Intolerance?

Lactose intolerance is when your body has trouble digesting lactose. Lactose is a sugar found in milk and other foods that contain milk. Nausea, gas, diarrhea, or cramps are problems many people get from drinking milk or eating dairy foods.

Foods With Calcium

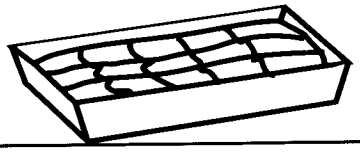
It is very important that you eat foods high in calcium if you don't drink milk. You need calcium in your diet, especially if you are pregnant. Canned or dried fish with bones such as salmon and sardines are high in calcium. Dark-green leafy vegetables such as broccoli, beet greens, and turnip greens also provide calcium. Try to eat these foods often.

Eating Tips for Lactose Intolerance

- You may be able to eat some dairy foods such as hard cheeses, yogurt, and cultured buttermilk. These dairy foods provide calcium, and contain less lactose than milk.
- Try eating dairy foods in smaller servings to find an amount that agrees with you.
- Try drinking just half a glass of milk **with** a meal or snack. Drinking small amounts of milk **with** food may not cause problems.
- Try drinking a special milk such as Dairy Ease or Lact-Aid. These brands of milk have been treated to reduce the amount of lactose. You can also buy Lact-Aid tablets to add to regular milk.
- A healthy diet includes milk and other dairy foods. They are good sources of calcium and other needed nutrients. When you can, choose lower fat dairy foods such as skim or nonfat dry milk, lowfat yogurt, and ice milk. They add less fat to your diet.

If you have a problem eating dairy foods, visit your Indian Health Service doctor or clinic for advice on your diet.

(Reference to commercial products does not imply endorsement.)



SPINACH LASAGNA

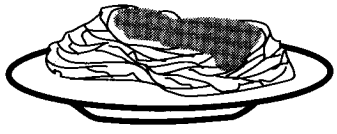
Makes 8 servings

1 16-ounce box lasagna noodles
5 cups spaghetti sauce (see recipe below)
1/2 cup dry egg mix plus 1/2 cup water
1 teaspoon garlic powder
1 teaspoon oregano
3 tablespoons parsley flakes
1 16-ounce can spinach, well-drained
1/2 cup mozzarella cheese, shredded
2 cups bread crumbs

1. Cook noodles according to directions on box.
2. Rinse with cold water and set aside to drain.
3. Prepare spaghetti sauce and set aside.
4. Drain spinach and set aside.
5. Combine egg mixture with garlic powder, oregano, parsley, and spinach.
6. Line a 9- by 13-inch glass pan or a large oblong pan with noodles.
7. Top with a generous layer of spaghetti sauce, then spinach mixture, then bread crumbs.
8. Repeat these layers until all these ingredients are used.
9. Sprinkle top with cheese.
10. Bake uncovered at 350 degrees for 40 minutes.

Nutrition information for 1 serving

Calories = 390 Carbohydrates = 48 grams Protein = 24 grams Total Fat = 12 grams Saturated Fat = 3 grams
Cholesterol = 110 milligrams Sodium = 714 milligrams Calcium = 272 milligrams



SPAGHETTI SAUCE

Makes 8 servings, 2/3 cup each

1 pound ground turkey or beef
1 tablespoon vegetable oil
3/4 cup onion, chopped
2 cloves garlic, finely chopped
3/4 cup green pepper, chopped
1/4 teaspoon hot red pepper flakes (optional)
4 16-ounce cans tomatoes with juice
2 bay leaves
1 teaspoon basil
1/4 teaspoon black pepper

1. Brown meat in skillet. Drain fat.
2. Heat oil in saucepan over medium heat.
3. Add onion, garlic, green pepper, and hot pepper flakes to oil. Cover and heat 2 minutes, stirring occasionally.
4. Mash tomatoes into small pieces. Add to mixture in saucepan.
5. Add herbs to mixture. Cover and bring to a boil. Reduce heat and simmer for 25 minutes, stirring occasionally.
6. Remove bay leaves before serving.

Nutrition information for 2/3 cup (using ground turkey)

Calories = 152 Carbohydrates = 12 grams Protein = 12 grams Total Fat = 7 grams Saturated Fat = 1 gram
Cholesterol = 42 milligrams Sodium = 424 milligrams Calcium = 77 milligrams