

Webinar: Lactose Intolerance and Health Inequities Across Diverse Populations

Health Professional Resources on Lactose Intolerance

- **The effects of probiotics in lactose intolerance: A systematic review.** Sophia J. Oak & Rajesh Jha (2019), Critical Reviews in Food Science and Nutrition, 59:11, 1675-1683
- **Lactose Intolerance: A Concise Review to Skim the Surface.** Claire L. Jansson-Knodell, MD; Edward J. Krajicek, MD; Dennis A. Savaiano, PhD; and Andrea S. Shin, MD, Mayo Clin Proc. n July 2020;95(7):1499-1505
- **Lactose Intolerance: Dispelling Myths and Helping Minorities Enjoy Dairy** Constance Brown-Riggs, MEd, RD, CDE, CDN, AADE in Practice, Volume: 3 issue: 1, page(s): 32-36
- **Lactose, an important nutrient: Advocating a revised policy approach for dairy and its intrinsic sugar** (Bulletin of the International Dairy Federation 2021)
- **Nutrition and Health Disparities: The Role of Dairy in Improving Minority Health Outcomes**, Constance Brown-Riggs, MEd, RD, CDE, CDN, Int. J. Environ. Res. Public Health 2016, 13(1), 28
- **Lactose intolerance and health disparities among African Americans and Hispanic Americans: an updated consensus statement**
 - **Lactose Intolerance Facts**
 - **NDC Science Summary: Lactose Intolerance (2019)**
 - **Diversify Dietetics**

Consumer-Friendly Resources on Lactose Intolerance

- Lactose Intolerance Resources on AmericanDairy.com
 - 12 Tips to Help Manage Lactose Intolerance
 - Lactose Intolerance Facts: Can I still drink dairy?
 - Benefits for Bones and Beyond
 - Lactose Intolerance and Health Inequities
 - Lactose Intolerance and Your Child
 - Lactose Intolerance: Making the Most out of Milk
 - 13 Ways Milk Can Help Your Body

Speakers

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