

Reactions to milk require accurate diagnosis, proper management

Q I am lactose intolerant. My child seems to have the same symptoms as me. Could he be lactose intolerant? FJ, Greenville

A Supriya Sivadanam, a rising fourth-year Brody medical student said she heard this question often



KATHY KOLASA

while on a Pediatric GI rotation this year. Here is what she wants parents to know.

The answer to this question typically depends on how old your child is and the symptoms he or she is experiencing. If your child is younger than a year old, your child probably does not have lactose intolerance because symptoms of lactose intolerance usually don't show up until a child is around 3 years old or older.

Instead, it may be a cow's milk protein allergy. However, both lactose intolerance and cow's milk protein allergy present in a similar way. Your child may be experiencing abdominal pain, watery stools or diarrhea, cramps, or colic in babies. These can be serious and concerning symptoms, so when in doubt, especially if your child is in great distress, visit a doctor!

While most parents have heard of lactose intolerance, fewer seem to be aware of cow's milk protein allergy. So, what is it and how is it different from lactose intolerance? Cow's milk protein allergy is an allergy that usually shows up in children younger than a year old, when a child's digestive tract is still immature.

Like any allergy, this issue is caused by the child's immune system reacting badly to a protein and in your case, certain proteins found in cow's milk. The two main proteins found in cow's milk are casein and whey, with casein being the most abundant. These same proteins are found in the majority of baby formulas on the market.

Children with cow's milk protein allergy who are exposed to these proteins



THE ASSOCIATED PRESS

Boxed milk products are shown in a grocery store on April 11. Cow's milk protein allergy is an allergy that usually shows up in children younger than a year old, when a child's digestive tract is still immature.

either by drinking a cow's milk-based formula or actual cow's milk can have gastrointestinal symptoms similar to those of lactose intolerance but can also have skin changes like hives, breathing problems like wheezing, and/or vomiting. Since this is an allergy, even a small amount of exposure can cause symptoms.

The best way to avoid symptoms of food allergies is to avoid the substance that causes the reaction. In this case, it's cow's milk. Since this typically shows up in babies, it is recommended that babies are switched to a non-cow's milk-based formula, like a soy formula, or a hydrolyzed formula (where the proteins are broken down into smaller components). After some time, your baby's doctor may recommend trying to reintroduce cow's milk into the diet to see if they can better tolerate it once their digestive tract becomes more mature.

Lactose intolerance is a food sensitivity and not an allergy. Lactose is a natural sugar found mostly in dairy products but can also be used as an additive in other foods as well. You need the enzyme lactase to break down lactose in the digestive tract or you will have discomforts like pain, gas and bloating. For adults and children experiencing lactose intolerance, the enzyme lactase either doesn't work well or just doesn't exist at all.

Lactose intolerance also can be caused temporarily after a viral or gastrointes-

tinal illness. These illnesses can cause inflammation of the lining of the digestive tract, so there is less lactase enzyme produced in the gut to break down the sugar lactose. Usually, this will resolve with time, after the gut is able to heal and lactase is produced again.

It may be helpful to eat yogurt with active cultures, and if your child stopped drinking milk, you could try to start slowly adding it back to the diet. Research has shown that this will improve tolerance for many.

Other methods of managing lactose intolerance depend on how severe the symptoms are. If the symptoms are mild, use of an over-the-counter supplementation of lactase enzyme may be helpful. However, if symptoms are severe, your child's doctor might recommend avoiding dairy products and other foods that contain lactose and instead recommend eating lactose-free foods and dairy-free alternatives.

If this happens, your doctor or registered dietitian nutritionist (RDN) will want to review your child's entire diet to ensure he or she is getting the important proteins, vitamin D and calcium needed for growth and development.

Professor emerita Kathy Kolasa, a registered dietitian nutritionist and Ph.D., is an affiliate professor in the Brody School of Medicine at ECU. Contact her at kolaska@ecu.edu.



LYNDA BALSLEV/TASTEFOOD

The sweetness of the carrot marries well with the spicy heat of harissa.

Recipe shines spotlight on the humble carrot

Carrots deserve our attention. They are more than just a ubiquitous vegetable you hope your kids will eat.

Sure, these colorful roots are a blast of nutrients and naturally sweet. They're a go-to method to ensure we get our daily

dose of vitamins. They undeniably play an important supporting role in stews, soups and sauces, or as a colorful flourish to leafy green salads and vegetable medleys.

However, carrots are more than just a token flavor agent and accompaniment to a main dish. They are versatile and exciting and can easily be celebrated as the star attraction. This recipe shines the spotlight on the humble carrot. It's the center of the plate, dusted with a blend of harissa spice, which is a fiery, fragrant North African condiment.

Harissa is a mixture of ground and smoked chiles, garlic and spices such as cumin, coriander and caraway seeds. It can be a dry spice blend or a paste. It's easy to concoct your own blend, which you can make in extra quantities and store to use as a sea-

soning for meats, fish and vegetables.

The sweetness of the carrot marries well with the spicy heat of harissa. A creamy yogurt-tahini sauce is a cooling accompaniment that evens out the dish.

Serve simply as a vibrant show-stealing side dish, or as a light veggie main course, layered over a leafy salad with crumbled feta, or piled on a bed of harissa-seasoned couscous tumbled with chickpeas.

Roasted Harissa Carrots With Tahini Sauce

Active time: 15 minutes
Total time: about 30 minutes
Yield: Serves 4 to 6
Ingredients:
 Yogurt-Tahini Sauce:
 2/3 cup whole milk Greek yogurt
 2 tablespoons tahini
 1 tablespoon fresh lemon juice
 1 small garlic clove, minced
 1/4 teaspoon ground cumin
 Pinch of kosher salt
 1 1/2 to 2 pounds carrots, peeled, ends trimmed
 1 tablespoon extra-virgin olive oil
 1 teaspoon ground cumin
 1 teaspoon ground coriander
 1 teaspoon sweet paprika
 1/2 teaspoon kosher salt
 1/4 teaspoon cayenne pepper

1/4 teaspoon freshly ground black pepper
 Finely grated lemon zest for garnish
 Finely chopped cilantro leaves and mint leaves for garnish

Steps:
 Whisk the sauce ingredients in a small bowl. Refrigerate until use. Heat the oven to 425 degrees. Line a rimmed baking sheet with parchment.

If the carrots are thick, halve lengthwise. Cut the carrots in equal lengths (or leave whole, if desired). Place in a large bowl with the oil and toss to coat. Sprinkle the cumin, coriander, paprika, salt, cayenne and black pepper over the carrots and toss again to evenly coat.

Spread the carrots in one layer on the prepared baking sheet. Transfer to the oven and roast until crisp-tender and charred in spots, 15 to 20 minutes, depending on the thickness of the carrots, shaking the pan once or twice.

Remove from the oven and garnish with the lemon zest, cilantro and mint. Serve warm or at room temperature with the Yogurt-Tahini Sauce.

Lynda Balslev is an award-winning writer, cookbook author, and recipe developer based in northern California. Visit TasteFood at TasteFood-blog.com.

Veggie-rich diet can lower diabetes risk

Q My doctor recently said I'm borderline for Type 2 diabetes. I'm surprised because it does not run in my family. Can you avoid getting it? I read that when your diet is high in vegetables, your risk of Type 2 diabetes goes down a lot. Is that true? Are fruits OK?

A For anyone who isn't familiar, having Type 2 diabetes means your body is no longer able to efficiently manage levels of blood glucose, commonly referred to as blood sugar. It's a significant issue because high blood sugar, also known as hyperglycemia, can cause serious health problems.

Hyperglycemia that persists for months or years can lead to tissue damage, including to the nerves, kidneys, eyes and blood vessels. It can play a role in someone developing heart disease, nerve problems such as neuropathy, vision problems or vision loss, slow or incomplete wound healing and loss of sexual function. Type 2 diabetes also increases the risk of stroke and is a leading cause of kidney disease and kidney failure.

The most recent data show that 37 million Americans have diabetes.



ELIZABETH KO



EVE GLAZIER

That's 10% of the population. Of those, up to 95% have Type 2 diabetes. It's a disease that typically develops in adulthood, most often in people 45 and older. However, that appears to be changing. In recent years, a growing number of adolescents and young adults are being diagnosed with it as well.

You are correct that Type 2 diabetes can run in families. But being overweight or obese, eating a poor diet and being sedentary also contribute to developing the disease. Unlike our genetic inheritance, which is set, each of these additional factors are ones we can take steps to control.

This is all quite sobering, so we're glad to shift the focus to good news. Research continues to link a diet rich in fresh vegetables, leafy greens and fruit — that's whole fruit, not

fruit juice — to a lower risk of Type 2 diabetes.

This news includes the results of a large study published in 2020. The researchers analyzed the health data and dietary habits of 22,000 people over the course of a decade. Participants came from eight countries in Europe. This meant that other than the unifying characteristic of eating a lot of fresh vegetables and fruit, the rest of their diets were varied and diverse. The study found that a vegetable-forward diet may reduce risk by up to 50%.

The takeaway here is that each of us can take meaningful steps to lessen the risk of developing Type 2 diabetes. When shopping and cooking, reach for high-fiber and nutrient-dense vegetables, like broccoli, cauliflower, green beans, radishes, cabbage, mushrooms, zucchini and tomatoes. And yes, enjoy fruits like berries, apples, peaches, pears and apricots. They do contain sugar, so eat in moderation. But unlike sugary sweets, whole fruits contain fiber that moderates their effect on blood sugar.

You can start lessening your risk of Type 2 diabetes today, right now. Take a brisk 20-minute walk, then

add a salad to your next lunch or dinner.

Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health.

A Family Affair...
 How to Help Nesting Birds

Hurry In! Good thru May 31, 2023

15% Off Nesting Blend Seed Or Nesting Blend Seed Cylinder

*Valid only at the Greenville, NC Store. Please Present coupon at time of purchase. Offer not valid on previous purchases. Offer expires 05/31/23.

Wild Birds Unlimited
 Nature Shop

- BIRD FOOD
- FEEDERS
- GARDEN ACCENTS
- UNIQUE GIFTS

518 Greenville Blvd. SE Unit A, Greenville, NC 27858
 (252) 493-0340 • www.wbu.com/greenvillenc

Shop to Stop Domestic Violence

Come fill your shopping bags with unique gifts!

Hosted By:

Her
 MAGAZINE

Center for Family Violence Prevention
 BREAKING CYCLES. BUILDING LIVES.

Sponsored By:

A FLING OF FLAIR FLORIST

SCAN TO PRE-REGISTER

Thursday, May 4, 2023 • 12pm-8pm
 GREENVILLE CONVENTION CENTER
 303 Greenville Boulevard SW, Greenville, NC
 ADMISSION: \$5.00 Per Person