

Determination of gastrointestinal discomfort upon consumption of various food products, Presence of lactose intolerance and Impact of supplementing Lactose Hydrolysed Milk (LHM) to lactose intolerant adults residing in urban Vadodara, India on dietary intake and quality of life.

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Lactose intolerant individuals suffer from symptoms such as bloating, diarrhoea, vomiting, stomach pain etc. The objective of the study was to assess the presence of lactose intolerance among adults and the impact of lactose hydrolysed milk (LHM) supplementation on their dietary intake, and quality of life.

Using a cross-sectional study design a total of 503 adults amongst the staff of The Maharaja Sayajirao University of Baroda were screened. Hydrogen breath test (HBT) was conducted to determine the lactose intolerant adults (n=62) after obtaining their consent and classified them into mild, moderate and severe categories followed by supplementing them with 250ml LHM daily for a period of 45 days. Nutrient intake (24 hours dietary recall) and quality of life (semi-structured questionnaire) was determined before and after the intervention period.

Gastrointestinal symptoms were observed in 18.4% of the subjects post milk and milk products consumption followed by vegetables (13.5%), pulses (7.7%), fermented foods (6.16%), fruits (5.16%) and cereal products (2.9 %). HBT revealed 48.3% of the subjects were lactose intolerant, wherein 86.6%, 10% and 3.3% belonged to mild, moderate and severe categories of lactose intolerance respectively. A significant ($P<0.05$) increase of protein (8.45%), carbohydrate (3.76%), fat (7.26%), calcium (58.9%) and β carotene (1.73%) was observed post

consumption of lactose hydrolysed milk. No significant changes were observed in quality of life before and after intervention.

Lactose intolerance was 8.75% amongst the adults. All the adults (100%) were able to tolerate LHM without experiencing any gastrointestinal disturbances for 45 days.

Biography

Debanjana Bhattacharyya is a PhD research scholar in the department of food and nutrition, The Maharaja Sayajirao University of Baroda, Vadodara. She is an active member of the Nutrition Counselling Centre in the department. Burdwan University and West Bengal State University are her Alma matter. She have cleared UGC-NET. Currently she has two published research paper to her credit. She have teaching experience for past two years. Currently she practices as a freelance nutritionist and active in Instagram as a nutritionist and recipe developer. She firmly believes- Food has the power to heal.

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