

Lactose Free Diet

The communication on nutritional management of diarrheal diseases was useful and relevant. The author has included egg flip that contains milk, egg and sugar as a level 2, lactose free diet(1). This can be included only in level 1 diet as it contains lactose. We give a home made, pre cooked ready to mix cereal pulse sugar mixture as a weaning food and a lactose free diet(2). Rice, wheat and black gram are taken in equal proportions and roasted separate and powdered together. Double proportion powdered sugar is also added to make it energy dense and palatable. The mix has an excellent taste, flavor and good shelf life. It is offered as a semi-solid to the child. The peptides and amino acids present in the mix enhances substrate mediated electrolyte absorption. It also prevents and treats malnutrition. It is very economical too; 1 kg costs around Rs. 40/- only.

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REFERENCES

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2. Lekha H. The role of home made protein calorie mix in the prevention and management of protracted diarrhea. MD Thesis, University of Kerala, Trivandrum, 1991.

Reply

I agree that milk can not be used in "Lactose Free Diet", it is a misprint. Egg flip can be prepared in water and sugar or glucose (in disaccharide intolerance) as mentioned in the next line following egg flip in the text(1).

As regards Elizabeth's suggestion of home made precooked diet based on rice, wheat, black gram and powdered sugar, any multi-mix based on staples, pulses, carbohydrate and oil can be used. However, of all the pulses, green gram (moong dal) is better digested than other pulses(2). Sugar may be replaced in lactose plus sucrose intolerance. The diet should also contain oil to increase the calorie density. Used in proper proportions, all multimixes have the same advantage of excellent taste, flavor, shelf life (in dry powdered form), substrate mediated electrolyte absorption and are economical as well.

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