Not a Dairy Queen?

62% of African-American women are lactose-intolerant.

March 4, 2010 By James Wortman

Lactose-intolerant black women shouldn’t skimp on calcium-rich foods.

A study conducted last year by Lactaid found that 78 percent of African-American women reduce their dairy intake to manage lactose intolerance, while 12 percent avoid dairy entirely.

Health expert Rovenia Brock, PhD, (a.k.a. Dr. Ro) says women who cut out dairy products without getting calcium elsewhere (canned fish with bones, such as sardines, and calcium-fortified soy foods and orange juice) risk developing brittle bones and fractures as a result.

“African Americans suffer disproportionately from hypertension (high blood pressure),” Dr. Ro adds. “Calcium is a very important mineral in that scenario.”

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http://beta.docker.realhealthmag.com/article/women-dairy-lactose-18111-4003