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Then you have a smaller bucket called food allergies... which is uncommon but more dramatic. Milk has several things – one is protein, one is sugar – if you are allergic to the protein in the milk then it’s called a food allergy a milk allergy – which is very uncommon. If you are not tolerating the sugar in the milk which is called lactose – then you are called milk intolerant or lactose intolerant. But people kind of combine the 2 but it’s very important to differentiate. If you’re milk allergic you don’t want to have milk because it can be life threatening. If you’re lactose intolerant there are ways to work around it. :37