

Restaurant Professionals
 Why exclude a possible 1/4 of your customers?
 How about dairy-free desserts? Dessert = \$\$!
 How about not pre-including cheese where possible?
 Lactose can be passed along via cookware.
 Symptoms could be gas, diarrhea, or vomiting.
 More Info: <http://www.uneda-audio.com/nomilk>
<http://www.allergicgirl.blogspot.com/>
 Google, Wikipedia



MILK

IS NOT FOR EVERYONE!

1 OF 4 PEOPLE GET ILL FROM MILK/DAIRY.

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1 OF 4 PEOPLE GET ILL FROM MILK/DAIRY.

PLEASE HELP ME ENJOY YOUR FINE FOOD
 ♦ This is called Lactose Intolerance
 ♦ Some people are mildly affected
 ♦ Some people are VERY affected
 ♦ Lactaid works — Sort-of
 Milk means: milk, cream, cheese, non-fat dry milk, margarine, whey, milk sugar.
 Know what is in the food you serve.
DON'T GUESS

♦ **75 million** (estimated) Americans can't digest milk or milk products. That's one in four!
 ♦ Up to **25% of white Americans**, especially with S. European roots, are in this group.
 ♦ **75-90%** of Afro-American, Native American, or Asian-Americans are also affected.
 ♦ **MILK MAKES THESE PEOPLE ILL.**

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