

WORKING DAIRY INTO THE DIETS OF LACTOSE INTOLERANT

Experts say eliminating dairy entirely robs you of nutrients, there are options

Suggested Date of Use: * June is National Dairy Month *

American Dairy Association
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| SUGGESTED TEASE | STILL TO COME, WHY DITCHING DAIRY MAY NOT BE A GOOD IDEA FOR THOSE WHO ARE LACTOSE INTOLERANT. DETAILS NEXT IN HEALTH NEWS. |
| ANCHOR LEAD | IF YOU CONSIDER YOURSELF TO BE LACTOSE INTOLERANT, EXPERTS SAY YOU MAY WANT TO CONSIDER ADDING AT LEAST SOME DAIRY BACK INTO YOUR DIET. THERE ARE VARYING DEGREES OF LACTOSE INTOLERANCE, AND HEALTH PROFESSIONALS SAY THOSE WHO CUT DAIRY OUT ALL TOGETHER MAY BE MISSING OUT ON VITAL NUTRIENTS - ESPECIALLY WHEN IT COMES TO CHILDREN. WITH MORE, HERE'S CLARK POWELL. |
| | (Nats - Celine preparing snack) :02 |
| CG: Courtesy: American Dairy Association Shots of Celine opening fridge/ cutting fruit with mom | WHEN SHE'S IN THE MOOD FOR A SNACK CELINE SANGUINETTI (<i>pronounced: SAN-gwih-NET-ee</i>) HAS TO BE CAREFUL. CELINE IS LACTOSE INTOLERANT WHICH MEANS SHE OFTEN THINKS JUST AS MUCH ABOUT WHAT SHE CAN'T EAT AS WHAT SHE CAN. :10 |
| CG: Celine Sanguinetti Lactose intolerant :10 - :15 | "When I drink milk it makes me feel sick a couple hours after I drink it. It's not, like instant." :06 |
| CG: Anaraquel Sanguinetti Daughter is lactose intolerant :16 - :20 | "She starts feeling queezy, she's not feeling good, she gets cramps, she feels bloated." :04 |
| Shots of both cutting fruit Shots of Celine getting and pouring milk | LIKE MANY AMERICANS WHO ARE LACTOSE INTOLERANT, CELINE WAS SELF-DIAGNOSED. <i>UNLIKE</i> MANY, SHE AND HER FAMILY ARE COMMITTED TO KEEPING AT LEAST SOME DAIRY IN HER DIET. A COMMITMENT HEALTH EXPERTS SAY IS CRUCIAL. :11 |
| CG: Cecilia Pozo Fileti Registered Dietitian :31 - :38 | "Even if you are diagnosed with lactose intolerance, the answer is not the avoidance of dairy but the inclusion of dairy in a managed way." :09 |

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| <p>Shots of Cecilia on stage</p> <p>Shots of crowd watching Cecilia</p> <p>Shots of Celine with friend jumping on a trampoline</p> | <p>CECILIA POZO FILETI (<i>pronounced: POH-ZOH fill-ETT-ee</i>) IS A REGISTERED DIETITIAN WHO SPEAKS TO EVERYONE FROM INDIVIDUAL PATIENTS TO ROOMS FULL OF HEALTH EXPERTS ABOUT LACTOSE INTOLERANCE.</p> <p>SHE SAYS DOING WITHOUT DAIRY - ESPECIALLY IN TEENS - CAN MEAN TROUBLE FOR YEARS TO COME. :14</p> |
| <p>Cecilia (CG'd earlier)</p> | <p>“It can lead to bone health problems, weight management problems, and potentially cardiovascular disease problems as well.” :07</p> |
| <p>Shots of Celine in doctor exam</p> <p>Shots of hydrogen breath test</p> <p>Shots of products</p> <p>Shots of lactose-free products</p> | <p>TO AVOID THAT, EXPERTS SAY YOU SHOULDN'T JUST SELF DIAGNOSE LACTOSE INTOLERANCE, BUT TALK TO YOUR DOCTOR ABOUT IT, AS WELL.</p> <p>THERE IS A SIMPLE BREATH TEST THAT CAN DETERMINE THE SEVERITY OF YOUR CONDITION.</p> <p>EVEN WITH SYMPTOMS, MOST PATIENTS <u>CAN</u> TOLERATE THINGS LIKE HARD CHEESES AND YOGURTS WITH LIVE, ACTIVE CULTURES. THERE IS ALSO A BURGEONING MARKET OF LACTOSE FREE FOODS. BUT DOING WITHOUT DAIRY ISN'T DOING YOUR BODY ANY FAVORS. :24</p> |
| <p>CG: Cecilia Pozo Fileti Registered Dietitian 1:23 - 1:30</p> | <p>“Dairy is a powerhouse of nutrients. We know that. Nine essential nutrients that you can't find any other place especially at those kinds of costs that we find in dairy.” :10</p> |
| <p>Shots of Celine in kitchen</p> | <p>IN COLUMBUS, OHIO, THIS IS CLARK POWELL REPORTING. :03</p> |
| <p>ANCHOR TAG</p> | <p>IT'S ESTIMATED THERE MAY BE 30-MILLION OR MORE AMERICANS WHO ARE LACTOSE INTOLERANT, THOUGH IT'S HARD TO KNOW BECAUSE MANY ARE SELF-DIAGNOSED.</p> <p>IF YOU ARE AND WANT TO ADD DAIRY BACK INTO YOUR DIET, DO IT GRADUALLY, AFTER TALKING TO YOUR HEALTH CARE PROVIDER.</p> <p>FOR TIPS LACTOSE INTOLERANCE AND HOW TO KEEP DAIRY IN YOUR DIET, LOG ON TO THE AMERICAN DAIRY ASSOCIATION'S WEBSITE AT DRINK-MILK.COM</p> |
| | <p style="text-align: center;">Extra Bites</p> |
| <p>CG: Cecilia Pozo Fileti Registered Dietitian</p> | <p><i>Cecilia talks about the need to confirm your diagnosis -</i></p> <p>“A lot of times folks experience GI disturbances and they really are cause by many different things that have nothing to do with lactose intolerance or consumption of dairy. So get that confirmation and diagnosis.” :13</p> <p><i>Cecilia talks about the importance of keeping track of your symptoms -</i></p> <p>“It might be helpful for individuals to maybe log what's happening, and maybe keep a diary so that when they go see their health professional they have some information that they can share with them about just what's been happening before and after.” :12</p> |

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| <p>CG: Cecilia Pozo Fileti Registered Dietitian</p> | <p><i>Cecilia talks about discussing your diagnosis with a health professional -</i> “Work with your health professional, your registered dietitian, in particular, can help you understand how to reintroduce dairy in. If you are definitely lactose intolerant, you’ve been diagnosed as such, then work with them. Because there are now strategies that, again, have been recommended as a standard of care.” :16</p> |
| <p>CG: Anaraquel Sanguinetti Daughter is lactose intolerant</p> | <p><i>Anaraquel discussed her daughter’s symptoms -</i> “She was just not feeling well after she ate dairy, and I kind of started thinking, you know what, putting two and two together that maybe she's lactose intolerance, because I am. So I just started doing the whole trial and error thing, trying to figure out what would be best for her, what wasn't good for her, what amount she could have.” :20</p> <p><i>Anaraquel talks about foods her daughter can tolerate -</i> “She can have cheeses, some lactose free yogurts. She can have some lactose free ice creams, she just can't handle milk straight.” :12</p> |
| <p>CG: Celine Sanguinetti Lactose intolerant</p> | <p><i>Celine talks about her inability to drink milk -</i> “I can have stuff with milk in it, but not just milk by itself.” :05</p> <p><i>Celine discusses working dairy into your diet -</i> “If you drink something with dairy in it and you start to feel sick, I would try stuff with a little bit of milk in it and then work your way up to see how much you can have and what you can’t have.” :12</p> |
| <p>Producers:</p> | <p>Extra b-roll is included. To download scripts, video and support material visit us at: http://www.multimedianeewsroom.tv</p> |

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