

CHAPTER 4

CARBOHYDRATES

REAL LIFE SCENARIO

Myeshia is a 19-year-old African-American female who recently read about the health benefits of calcium and decided to increase her intake of dairy products. To start, she drank a cup of 1% milk at lunch. Not long afterward, she experienced bloating, cramping, and increased gas production. She suspected that the culprit of this source of pain was the milk she consumed, especially since her parents and her sister complain of the same problem. As well, the problem first appeared when she added the 2 servings of milk. She wanted to determine if other milk products were in fact, the cause of her discomfort, so the next day she substituted a cup of yogurt for the glass of milk at lunch. Subsequently, she did not have any pain. What has Myeshia discovered? What component of milk is likely causing the problem?