HEALTHY DIET, DISACCHARIDE DEFICIENCY

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DISACCHARIDE DEFICIENCY

- • >50% of our daily diet comes from carbohydrates
- •Congenital or Acquired
- • Lactose and sucrose are the most common disaccharides in the diet
- • Lactase was the most prevalent single deficiency,\
- 9.2% adults had pan disaccharidase deficiency
- • Disaccharidases are located in the brush border and help to break down carbohydrates into sugar monomers
- • Deficiency → osmotic load → pain, gas, bloating, diarrhea

LACTASE DEFIECIENCY/ LACTOSE INTOLERANCE

- The most common type of disaccharidase deficiency
- DIET: Lactose free diet (milk, cream, ice-cream, cheese, butter)
- Supplement : Lactase

SUCRASE-ISOMALTASE DEFICIENCY

- Leads to intolerance to table sugar white or brown **(= GLUCOSE+FRUCTOSE)** and maltose and starche-heavy foods (breads, pasta, rice).
- Causes: Congenital or Acquired(due to infections, SIBO, Celiac, Crohn's ,etc.)
- Diet: Avoid problematic disaccharides, sucrose: fruits, sweets, added processed foods, soda, fruit drinks, candy, cake, cookies, choklates, ketchup, salad dressing,
- Supplement: Sacrosidase,

SUCRASE-ISOMALTASE DEFICIENCY

- Maltose-Containing foods: **(2 GLUCOSE),** Heavy-starch foods, malted milk, malted milkshakes, beer and some ales, malt vinegar, breakfast cereals with malt, crackers, bread made with malted flour, sweet potatoes, barely-base products, processed foods with malt or malt extract
- Malting process foods

FRUCTAN INTOLERANCE

- Frutans **(> 1 FRUCTOSE)** are short chain CHO: wheat, oat, rye, garlic, onions(WHITE/RED/ COOKED/DRIED), green onions, leeks, asparagus, artichokes, Brussels sprout, beet, and inulin. A little in watermelon, nectarin, peaches, persimmons, bean(white/red), lentils, chickpeas
- Symptom resolution on low FODMAP diet and restriction of fructan-rich foods.
- Supplement: fructanase

MANAGEMENT POINTS

- **Enzyme Supplement**
- Treat **any underlying mucosal injury,**
- Treat **any symptoms;**
- Monitor for **nutritional deficiencies,** especially in children and treat them.

- *Thanks For Your Attention.*