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Lactose avoidance and bone

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Inability to digest lactose in adulthood (lack of lactase persistence) is common but there are significant ethnic differences. Genetic studies have indicated that in human evolution, a very rapid selection of lactase persistence occurred, coinciding with the domestication of dairy cattle. This showed penetration to near fixation in Northwestern Europe, indicating a strong survival advantage[1].

In Western Europe and the United States, dairy products are responsible for more than half our daily calcium intake and a substantial proportion of our phosphate requirement. Accordingly, inadequate dietary calcium intake had been uncommon in traditional Western diets though it is not uncommon in other areas of the world such as South America and China. However, avoiding dairy products is no longer rare in Western Europe, even among people who do not lack the capacity to produce

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