LIST OF FIGURES

Fig no.	Title	Page no.
Figure 1	Formula of lactose	1
Figure 2.1	Global prevalence of lactose intolerance	2.4
Figure 2.2	Structure of glucose and galactose	2.7
Figure 2.3	Intestinal absorption of lactose intolerance	2.8
Figure 2.4	Breakdown of lactose	2.9
Figure 2.5	Milk production of various states in India	2.25
Figure 4.1	Experimental design of the study	4.5
Figure 5.1.1	Age distribution of population responding to questionnaire	5.5
Figure 5.1.1.2	Gender wise distribution of the population responding to questionnaire	5.5
Figure 5.1.4	Severity of lactose intolerance among subjects	5.10
Figure 5.1.5.1	Hydrogen Breath Analyzer readings for Lactose Intolerant and non-lactose Intolerant subjects among adult subjects	5.13
Figure 5.1.5.2	Hydrogen Breath Analyzer readings for Lactose Intolerant and non-Lactose Intolerant subjects among elderly subjects	5.14
Figure 5.1.8	Gastrointestinal symptoms suffered by lactose subjects during hydrogen breath analyser test (HBT)	5.16

Figure 5.2.1	Percent nutrient intake of RDA by adults, children and elderly population before and after supplementation of LHM	5.20
Figure 5.2.2.1	Impact of Lactose free milk supplementation on Nutritional status of LI children	5.23
Figure 5.2.2.2	Impact of Lactose free milk supplementation on Nutritional status of LI Adult (based on BMI)	5.23
Figure 5.2.2.3	Impact of Lactose free milk supplementation on Nutritional status of LI elderlies	5.24
Figure 5.2.3.1	Impact of Lactose free milk supplementation on Quality of life of LI children	5.25
Figure 5.2.3.2	Impact of Lactose free milk supplementation on Quality of life of LI adults	5.25
Figure 5.2.3.3	Impact of Lactose free milk supplementation on Quality of life of LI elderly	5.26
Figure 5.3.1	Organoleptic evaluation of cold cocoa prepared from standard dairy milk and lactose hydrolysed milk.	5.32
Figure 5.3.1.1	Organoleptic evaluation of rose milk prepared from standard dairy milk and lactose hydrolysed milk.	5.33
Figure 5.3.2	Organoleptic evaluation of white sauce pasta prepared from standard dairy milk and lactose hydrolysed milk	5.35
Figure 5.3.2.1	Organoleptic evaluation of vegetable au gratin prepared from standard dairy milk and lactose hydrolysed milk	5.30
Figure 5.3.3.1	Organoleptic evaluation of kheer prepared from standard dairy milk and lactose hydrolysed milk	5.33
Figure 5.3.3.2	Organoleptic evaluation of sandesh prepared from standard dairy milk and lactose hydrolysed milk	5.36
Figure 5.4	Cover page of IEC material	5.40