

LACTOSE

Meaning: Lactose is a disaccharide sugar present in milk and dairy products, composed of glucose and galactose.

1. Lactose is a sugar found in milk and dairy products.
2. Many people with lactose intolerance experience discomfort after consuming dairy.
3. Lactose can be easily digested by individuals who produce sufficient lactase enzyme.
4. Some dairy alternatives are specifically formulated to be lactose-free.
5. Understanding lactose content can help people make informed dietary choices.

Source: sentences.whatistheurl.com

<https://sentences.whatistheurl.com/sentence/lactose>