

Prepared For:		Date:	
Prepared By:		Contact:	

Lactose-Controlled Nutrition Therapy

- Lactose is the type of sugar in milk and dairy foods.
- To digest lactose, people need to have a specific enzyme in the small intestine. This enzyme is called lactase.
- If you have trouble digesting lactose, you may have diarrhea, bloating, stomach pain, and gas symptoms.
- Limiting or avoiding milk and dairy products can help ease these symptoms.
- Taking lactase supplements before having milk and dairy products may also help.

Note: Milk and dairy foods are a primary source of calcium, a mineral that is important to good health. When you avoid milk and dairy foods, you need to get calcium from other foods, such as the following:

- Sardines
- Canned salmon
- Tofu (calcium-fortified)
- Shellfish
- Turnip greens
- Collards
- Kale
- Dried beans
- Broccoli
- Calcium-fortified orange juice
- Calcium-fortified soy milk
- Blackstrap molasses
- Almonds

Tips

Label Reading Tips

- Check ingredients lists carefully.
- Avoid foods made with butter, cream, milk, milk solids, or whey.
- Avoid products when the ingredients list states, "May contain milk."

Foods Recommended

Foods marked with a star (*) may contain lactose. Try these foods one at a time, in small amounts. Stop eating them if symptoms return or get worse.

Food Group	Foods Recommended
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Lactose-Free Milk and Nondairy Foods	Lactose-free milk Nondairy creamers* Nondairy whipped topping* Almond, rice, or soy milk Soy yogurt or soy cheese Almond milk cheese Soy-based sour cream
Low-Lactose Dairy Foods	Some people with lactose intolerance can safely eat dairy foods that contain a little lactose (less than 1 gram lactose per serving). You may wish to try: <ul style="list-style-type: none"> • 1-2 ounces aged cheese, such as Swiss, cheddar, or parmesan • 2 tablespoons cream cheese • ½ cup ricotta cheese
Grains, Protein Foods, Fruits, and Vegetables	All, unless they are prepared with ingredients that contain lactose
Fats and Oils	Vegetable oils Oils from nuts or seeds
Desserts	Fruit ices Sorbet Gelatin Soy yogurt or ice cream Rice milk ice cream
Beverages	Coffee Tea
Other	All spices and herbs

Foods Not Recommended

Avoid all foods made with ingredients that contain lactose. To find out whether a food has lactose:

- Check ingredients. Avoid foods made with butter, cream, milk, milk solids, or whey.
- Also avoid products when the ingredients list states, “May contain milk.”

Notes

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Lactose Intolerance Label Reading and Cooking Tips

Tips

Label Reading Tips

If you see any of the following ingredients on the label, the food may contain lactose:

- Butter
- Buttermilk
- Cheese
- Cream
- Chocolate milk
- Powdered milk
- Evaporated milk
- Goat's milk
- Ice cream
- Ice milk
- Low-fat milk
- Margarine
- Milk
- Milk chocolate
- Milk solids
- Nonfat or skim milk
- Sherbet
- Sweetened condensed milk
- Whey
- Yogurt

To avoid lactose, check food labels for all packaged foods. For example, you may find some of the ingredients listed above in the following items:

- Lunchmeats
- Hotdogs
- Baked goods
- Instant potatoes
- Instant soups
- Beverage mixes
- Margarine
- Salad dressings
- Candies
- Pancake and cake mixes

The following ingredients come from milk but do not contain lactose:

- Casein
- Lactalbumin
- Lactate
- Lactic acid

Cooking Tips

To replace dairy products in recipes, try the substitutes shown in the chart.

Lactose-Containing Food	Substitutes
1 cup whole milk	½ cup soy or rice milk and ½ cup water or ½ cup liquid nondairy cream and ½ cup water
1 cup skim milk	½ cup nondairy cream and ¾ cup water or 1 cup lactase-treated milk
½ cup cottage cheese	½ cup soft tofu
1 cup yogurt	1 cup soy yogurt
1 ounce cheese	1 ounce soy cheese
1 tablespoon cream cheese	1 tablespoon mayonnaise

Nondairy Calcium Choices

Milk and dairy foods are a primary source of calcium, a mineral that is important to good health. When you avoid milk and dairy foods, you need to get calcium from other foods. Here are some choices:

- Sardines
- Canned salmon
- Tofu (calcium-fortified)
- Shellfish
- Turnip greens
- Collards
- Kale
- Dried beans
- Broccoli
- Calcium-fortified orange juice
- Calcium-fortified soy milk
- Blackstrap molasses
- Almonds

Notes