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Lactose Controlled Diet

The lactose restricted diet is adequate in all nutrients based on the Dietary Reference Intakes with the exception of calcium. Calcium supplements may be advisable; however, lactose is often used as filler in calcium supplements. Consult a pharmacist. Reading labels is especially important when attempting to limit the intake of lactose. Ingredients that may contain lactose include milk solids, nonfat milk solids, buttermilk, cream, sour cream, whey and malted milk.

- Kosher products that are identified on the label as being “parve” are foods that do not contain milk products and can be included.
- Lactase treated milk and reduced lactose cottage cheese and cheese may be incorporated into the diet.
- Small portions of lactose containing products eaten with other foods may be tolerated.
- Use fermented yogurt (label reading active cultures).
- Aged cheeses in small amounts may not cause problems. Lactose free, imitation cheese products can be substituted.

Helpful Tips for Lactose Intolerance

For patients who can tolerate some lactose, the following suggestions may allow you to eat some foods that contain lactose:

- Heated milk may be tolerated better than cold milk.
- Eat other foods when consuming milk to help slow the absorption of the milk.
- Food that does contain lactose may be tolerated better when consumed in small amounts.
- LactAid tablets may be taken prior to ingesting lactose containing foods.
- Use LactAid drops to reduce the lactose in the milk. Allow treated milk to sit for 24 hours before consuming.
- Use commercial lactose free milk.
- Cultured products such as buttermilk or yogurt are usually better tolerated than milk.

Lactose Content of Common Foods and Beverages

Product	Serving Size	Lactose (gm)
Whole Milk	1 cup	11
Low Fat Milk	1 cup	11
Nonfat Milk	1 cup	11
Buttermilk	1 cup	10
Half & Half	1/2 cup	5
Light Cream	1/2 cup	4
Whipping Cream	1/2 cup	3
Sour Cream	1/2 cup	4
Sweetened, Condensed Milk (undiluted)	1 cup	30
Evaporated Milk (undiluted)	1 cup	24
Butter	1 tsp	Trace
Margarine	1 tsp	Trace
Ice Cream	1/2 cup	6
Ice Milk	1/2 cup	9
Orange Sherbet	1/2 cup	2
Low Fat Yogurt	1 cup	5
Uncreamed Cottage Cheese	1/2 cup	3
Creamed Cottage Cheese	1/2 cup	1
Swiss Cheese	1 oz	1
American Cheese	1 oz	2
Blue Cheese	1 oz	1
Sharp Cheddar Cheese	1 oz	0-1
Cream Cheese	1 oz	1
Grated Parmesan Cheese	1 oz	1

Food Categories	Foods Recommended	Foods That May Cause Distress	Tips
Breads, Cereals, Rice, And Pasta	Whole-grain or enriched breads, cereals, rice, barley, and pastas made with milk-free ingredients.	Any prepared with milk, milk products, or mixes containing lactose.	Try lactose-reduced milk on ready-to-eat cereals, or choose hot cereals such as oatmeal that can be prepared with water.
Vegetables	All	Vegetables prepared with milk or milk products,	Select salad bar items or a chef salad without cheese or other milk products.
Fruits	All fruits and fruit juices	None	
Milk, Yogurt, And Cheese	Soy milk, lactose-reduced milk, and lactose-free supplements. Hard, aged, and processed cheese, if tolerated Yogurt, if tolerated.	Milk, milk products, goat's milk, and acidophilus milk.	Experiment with lactose-reduced or lactose-free milk or cheese products available in most supermarkets. Small amounts of milk (1/2 cup or less) may be tolerated with meals.
Meats, Poultry, Fish, Dry Beans And Peas, Eggs, And Nuts	All meats, poultry, fish, and eggs. Dry peas and bean, nuts and peanut butter	Cold cuts and frankfurters that contain lactose filler	Avoid meat, poultry, or fish that is creamed, breaded, or topped with a cheese- or milk-containing sauce.
Fats, Snacks, Sweets, Condiments, And Beverages	Butter or margarine, nondairy creamer, and oil-based salad dressings. Cakes, cookies, pies, flavored gelatin desserts, and fruit ices made with milk-free ingredients. Sugar, corn and pure maple syrup, honey, jellies, jams, and pure sugar candies made with milk or milk products. Instant drink mixes.	Salad dressings containing milk or cheese. Cream soups; Any dessert prepared with products such as sherbet, ice cream, pudding, and some cakes, cookies, and pies. Chocolate or caramels or any candies made with milk or milk products Instant drink mixes.	In place of milk, use a non-dairy creamer or lactose-reduced milk in baked products: use broth for sauces and gravies. Heated milk products such as soup, custard, or pudding may be better tolerated than cold milk products.

Sample Menu Plan

Sample Menu	Sample Menu	Your Menu
Breakfast Fruit Cereal Bread Margarine/Jelly Milk Beverage	Fresh Orange (1) Oatmeal (1 cup) Toasted French Bread (2 slices) Lactose Free Margarine/Jelly Lactase Treated Milk (1cup) Coffee	
Noon Meal Soup or Juice Meat/High Protein Food Bread Vegetable Beverage	Vegetable Soup (1 cup) Turkey on French Bread with Lactose Free Salad Dressing Carrot and Celery Sticks Lactase Treated Milk (1 cup)	
Evening Meal Soup or Juice Meat/High Protein Food Starch Vegetables Bread Margarine Fruit/Dessert Beverage	Tomato Bouillon (1 cup) Lemon Baked Fish (3 oz) Wild Rice (1 cup) Steamed Broccoli (1 cup) French Bread (2 slices) Lactose Free Margarine Angel Food Cake Iced Tea	