

## RESTRICTED LACTOSE DIET

Lactose is a sugar found in dairy products. Many people have a low level of ***lactase***, the protein needed to digest lactose. If the amount of lactase in the body falls below a certain level, clinical symptoms of ***lactose intolerance*** may result. Typical symptoms of lactose intolerance include diarrhea, bloating and flatulence, and abdominal pain.

Even if you have reduced amounts of lactase in your digestive system, you may still be able to tolerate some dairy products. For example, many people can tolerate yogurt ***if it contains active bacterial cultures***. Many frozen yogurts do not contain these cultures at all or contain insufficient quantities of them.

If you eat or drink dairy products, it may be more helpful to do so in small quantities at different times throughout the day. Also, some dairy products may be easier to tolerate than others. For example, some people may tolerate whole milk but not skim milk. This is because the fats in the whole milk may slow the passage of milk through the digestive tract and improve your digestion of lactose, of course the increased fat in whole milk is associated with other health risks. It may also help to consume milk products with solid foods to slow the rate of passage through your digestive system.

### FOODS THAT CONTAIN LACTOSE\*

**Milk, low-fat milk, skim milk, chocolate milk, butter-milk fluid** (all contain similar amounts; some people may digest fattened or sweetened milk better than skim milk)

**Sweetened condensed milk** (contains more lactose than regular milk)

**Dried whole milk, instant nonfat dry milk** (contains less lactose than regular milk)

**Low-fat yogurts** (contain about as much lactose as milk, but unpasteurized yogurts with active bacterial cultures are often easier to digest)

**Frozen yogurts** (often lack active bacterial cultures or contain insufficient amounts)

**Ice cream**

**Ice milk**

**Sherbet**

**Cheese** (most common types contain similar amounts of lactose)

**Cottage cheese** (contains about half as much lactose as milk)

**Low-fat cottage cheese** (2% fat) (contains slightly more lactose than regular cottage cheese)

**Cream** (whipped topping, light, half and half)

**Butter**

**FOODS THAT MAY CONTAIN “HIDDEN” LACTOSE**

- “Non-dairy” creamers
- Powdered artificial sweeteners
- Foods containing milk powder or nonfat milk solids
- Bread/Cake
- Margarine (including some labeled as 100% corn oil)

- Creamed soups
- Pancakes, waffles
- Puddings, custards
- Confections (including chocolate)
- Certain meat products

Recommended Daily	Foods To Include	Foods To Omit
As desired	<p><b>MILK AND MILK PRODUCTS:</b>                      Nutramigen and soybean milk may be used as milk substitutes. Several non-dairy instant creamers may be used. <b>READ LABELS!</b> Coffee, instant iced tea (if 100% tea), soybean milks, coca powder or Nestle Quik (if mixed with water or soybean milk), buttermilk (if tolerated), carbonated beverages, fruit drinks (if lactose free)</p>	All milk and milk products of any kind containing milk such as skim, evaporated and condensed, milk drinks, yogurt, ice cream, sherbert, malted milk, chocolate milk, instant iced tea mixes, cream, half & half, fruit drinks that contain lactose, wines with sugar added, some cordials and liquers
1 or more	<p><b>MEAT, FISH, POULTRY:</b>                      All plain, boiled, broiled, braised or fried meats such as veal, beef, lamb, pork, chicken, turkey, fish and game</p>	Creamed or breaded meat, fish or poultry, brain, pancreas, or liver
1 or more	<b>EGGS</b>	None
2-4 servings	<p><b>BREAD, ROLLS, CEREAL AND STARCHES:</b>                      Bread, rolls, biscuits, muffins, rice, spaghetti, noodles, macaroni, white and sweet potatoes (except as listed to omit) waffles, pancakes. Water based bread and rolls (most Italian, French, Vienna, or Jewish Rye breads), Rycrisp, Ritz, graham crackers, almost any Jewish bakery product, any kind of cereal (cooked or dry if no lactose is added), infant cereals (without milk solids or lactose added)</p>	Bread pudding, rice pudding, macaroni & cheese, creamed and scalloped potatoes, au gratin potatoes, bread and rolls to which milk or lactose is added. Biscuits, muffins, pancakes, waffles, hamburger or hotdog rolls unless made without milk. Instant cereals such as Special K and Cocoa Krispies
3 or more servings including 1 green or yellow and 1 potato	<p><b>VEGETABLES:</b>                      All vegetables except those listed to be avoided, monosodium glutamate 100% pure</p>	Any creamed, scalloped or au gratin vegetables with margarine added or bread

As desired	<b>SEASONINGS:</b> Any except those listed to be avoided, monosodium glutamate 100% pure	Condiments with lactose added and some spice blends
As desired	<b>SOUPS:</b> Any soup free of milk or milk products. Bouillon, broth, and meat stock soups, cream soups, bisques and chowders made with water or soy milk	Cream soups, canned and dehydrated soup mixes if lactose is added, or a milk product is added.
1 or more tbsp.	<b>FATS, OILS &amp; NUTS:</b> Bacon, butter, milk-free margarine such as Shedd's spread, Diet Imperial, salad dressings without milk solids, vegetable oils and shortenings, olives, mayonnaise, non-dairy creamers such as Coffeemate and Coffee Rich, whipped toppings without milk products added, any kind of nuts	Cream, most dairy coffee creamers, sour cream, dips, sauces and salad dressings containing milk or milk products, cream cheese
2 servings including 1 citrus fruit or tomato	<b>FRUITS:</b> All fresh, canned or frozen, any plain fruit, dried fruit, yogurt if tolerated	
	<b>DESSERTS:</b> Water and fruit ices, gelatin, angel food cake, pies, cookies and cakes, any made without milk or milk products, homemade cakes and cookies made from acceptable ingredients, packaged mixes for cakes, puddings, etc, without lactose, whey or milk solids	Custard or cream pies, cream puffs, custard, puddings, ice cream, most chocolate desserts, most soufflés and mousses, strained infant desserts
	<b>SWEETS &amp; CANDIES:</b> Brown granulated and powdered sugars, corn syrup, honey, jams, jellies, hard candies, and any candy made without milk, lactose, or margarine	Toffee, peppermints, caramels, molasses, chocolate and cream candies, butterscotch, and sugar substitutes with lactose added
	<b>MISCELLANEOUS:</b> Nuts, nut butters, popcorn, olives, salt, pure sugar, sugar, candy, jelly or marmalade, corn syrup, mustard, pepper and other spices and herbs, pretzels, catsup, pickles, gravies and sauces made without milk or milk products	Chewing gum, korn kurls, and any product containing milk, lactose, whey, dry milk, cream sauces, milk gravy, ascorbic acid tablets, citrus acid mixture containing lactose
	<b>BEVERAGES:</b> Coffee, tea, carbonated beverages, and fruit juices	Chocolate, cocoa, powdered sot drinks

**SUGGESTED MEAL PLAN**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<ul style="list-style-type: none"><li>• Fruit or Juice</li><li>• Eggs</li><li>• Bread or Toast</li><li>• Butter, Margarine, or Jelly</li><li>• Instant Non-Dairy Creamer</li><li>• Coffee or Tea</li></ul>	<ul style="list-style-type: none"><li>• Meat or Substitute</li><li>• Vegetable</li><li>• Salad (Oil &amp; Vinegar)</li><li>• Fruit</li><li>• Bread</li><li>• Butter, Margarine, or Jelly</li><li>• Instant Non-Dairy Creamer</li><li>• Coffee or Tea</li></ul>	<ul style="list-style-type: none"><li>• Meat or Substitute</li><li>• Vegetable</li><li>• Potato or Substitute</li><li>• Salad</li><li>• Dessert Allowed</li><li>• Bread</li><li>• Butter, Margarine, or Jelly</li><li>• Instant Non-Dairy Creamer</li><li>• Coffee or Tea</li></ul>