

Lactose Restricted Diet

The lactose restricted diet limits foods and beverages that have lactose in them. Lactose is the natural sugar in milk. Therefore, dairy foods and beverages or products made from milk are limited. Lactose intolerance is different than a milk allergy.

If you are lactose intolerant, your body does not make enough of the enzyme lactase to digest lactose. You may need to follow this diet if you have gas, bloating, cramping or diarrhea after consuming foods or drinks that have lactose. At first, you might need to follow this diet carefully. Then, adding small amounts of foods with lactose into your diet may improve your tolerance over time.

Food Group	Foods Allowed	Foods that May Be Tolerated in Small Amounts	Foods to Avoid
Beverages	Water, coffee, tea, carbonated beverages, cereal beverages, fruit flavored beverages		Beverages made with milk or milk products
Grains	6 to 11 servings daily. Whole-grain or enriched breads and crackers made without milk. Examples are French, Italian, Vienna and Jewish Rye breads. Rice, barley, tortillas and pastas made without milk products. Pretzels, popcorn and other snack foods made without milk. Cooked and dry cereals eaten without milk and not containing milk products.	Breads, rolls, or crackers containing milk or milk products. Commercial mixes containing milk such as bread/ biscuit mixes or muffin mixes. Special K®, Cocoa Krispies® or other cereals containing milk or milk products.	None
Fruits	2 to 4 servings daily. Any fresh, canned or frozen fruit or fruit juice. Select 1 citrus fruit or juice fortified with vitamin C daily.		None
Vegetables	3 or more servings daily. All vegetables allowed. 1 serving dark green or yellow vegetable daily for vitamin A. Any type of potato prepared without milk.	Canned or frozen vegetables with lactose added such as some baby foods; Mashed potatoes prepared with milk	Creamed potatoes or other potatoes prepared with milk or milk products. Vegetables prepared with milk, milk products or cheese.
Milk	2 to 3 servings daily. Lactose-free milk products, soy milk and lactose-free commercial supplements, yogurt with active cultures if tolerated, non-dairy creamer.	Reduced lactose milk	Milk, condensed milk, acidophilus milk, whey, frozen yogurt or any other milk-containing product; instant breakfast drinks

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Meat & Meat Substitutes	2 to 3 servings daily. Meat, fish, poultry, eggs; beans, peas and other legumes; textured soy protein, tofu and other soybean products; Nuts and peanut butter; hard, aged cheeses (cheddar, Swiss, gouda, edam, colby and parmesan); kosher hot dogs; luncheon meat	Hot dogs, sausages, luncheon meats that contain lactose and /or a milk filler; Meat substitutes containing lactose	Meat, poultry, fish or eggs that have been creamed or prepared with a cheese or milk containing sauce; cottage cheese and cream cheese; cheese spreads; processed cheeses such as American, cheese spreads or cheese foods
Soup	Clear broth or other soup made with allowed ingredients		Cream soups or soup made with milk or milk products
Miscellaneous	Sugar, jam, jelly, honey; candy made without milk or milk products; marshmallow; gravy made without milk or milk products; butter or margarine not to exceed 2 tablespoons /day; cooking oil, shortening and bacon; non-dairy creamers and kosher margarine; milk-free margarine; oil-based salad dressing, mayonnaise; non-dairy sour cream and cream cheese; whipping cream substitutes; cakes, cookies, pies, flavored gelatin and fruit ices and sorbets made without milk or milk products; salt, pepper and spices; olives, pickles, ketchup, mustard, other condiments	Chocolate, caramels or any candy made with milk or milk products; desserts made with small amounts of milk such as sherbet, cakes, cookies and pies; Horseradish containing milk or milk products	Sugar substitutes containing lactose; Cream and sour cream; white sauces or cream sauce; salad dressings containing milk or milk products; desserts prepared with milk or milk products such as ice cream, pudding, custard, cheesecake

Some individuals may be able to tolerate 5 to 8 grams of lactose at a meal.

Helpful Hints

- Lactase supplements are available in liquid and tablet form. These supplements should be taken before eating foods that have lactose. Lactase drops may be added to milk before drinking.
- Check ingredient lists on food labels to see if they contain milk, milk solids, whey, curds, cream, buttermilk, malted milk, or milk powder.
- Eat foods that contain lactose with meals to decrease your symptoms.
- Try foods that have active cultures, such as yogurt. This may help you digest lactose.
- Kosher foods that have the word ‘pareve’ or ‘parve’ are free of dairy products.

Lactose Content of Dairy Products

1 cup Milk:

Whole – 9 to 12 mg

2% – 9 to 13 mg

1% – 12 to 13 mg

Skim – 11 to 14 mg

Buttermilk – 9 to 12 mg

Chocolate – 10 to 12 mg

1 oz. Cheese:

Cheddar – 0.4 to 0.6 mg

Swiss – 0.5-1.0 mg

Mozzarella – 0.8 to 0.9 mg

American – 0.5 to 4.0 mg

1/2 cup Ice Cream – 2 to 6 mg