



LACTOSE-FREE DIET

A lactose free diet means eating food that does not contain lactose. Lactose is a sugar that is a normal part of milk products. Some people may not have enough lactase, the enzyme that breaks down lactose in the body. Or, their body may make lactase that does not work properly. This may cause gas, bloating, cramping or diarrhea when they eat or drink milk products. Following a lactose free diet may prevent these problems.

Avoid all foods on the lactose containing lists. Ask your doctor about lactase medications. This medication may break down enough of the lactose for you to digest some foods with small amount of lactose. If you decide to take lactase tablets, start with only small servings of dairy foods. Increase your servings if you digest them well.

Read labels on foods to see if they contain lactose. Even foods like margarines, shortenings, non-dairy creamers, baked goods and salad dressings can contain lactose.

Dairy foods which contain lactose:

Some cheeses-generally aged cheese contains less lactose, soft and processed cheeses contain higher levels of lactose.

Buttermilk

Cheese spreads and cheese foods

Cottage and ricotta cheese

Cream

Evaporated & condensed milk

Hot chocolate mixes

Ice cream

Malted milk

Processed and natural cheeses

Reduced lactose milk

Sherbet

Sour cream

Sweet acidophilus or lactobacillus milk

Whey

Yogurt with or without live cultures

Dry cereal with milk

Frozen potato foods with milk or lactose

Instant mashed potato mixes

Prepared breads, muffins, biscuits or rolls made with milk

Pancakes or waffles made with milk products

Butter

Cream cheese

Margarines with butter or milk

Party dips

Chowders

Cream soups

Soup mixes with milk products

Whipped cream

White sauces and gravies

Cookies, cakes, pies, pastries and desserts with milk

Cream and cheese filled pastries

Fudge, coated candies and chocolates

Pudding, custard

Toffee, butterscotch and caramels

Milk powder

Milk protein

Milk solids

Non-fat dry milk

Whey solids or protein

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