



HEALTH FOR LIFE

Lactose Restricted Diet

Lactose is the sugar found in milk and milk products. People who cannot digest lactose need a low lactose or no lactose diet. Eating foods that have lactose in them may cause cramping, bloating, gas or diarrhea. The following tips will help you restrict your lactose:

- Many foods have lactose added to them. Read the list of ingredients on the product label. Avoid any food with **lactose, casein, caseinate, whey, whey products, or nonfat dry milk solids listed on the label.** You may use foods with **lactate, lactic acid or lactalbumin.**
- Some people can handle small amounts of lactose without any problems. Others have to avoid lactose completely. If you think you can handle small amounts of lactose, try yogurt, buttermilk, or aged hard cheese such as cheddar, Swiss or parmesan. You may digest foods with lactose better with meals rather than alone.
- Try small amounts of foods with lactose at different times to learn how much lactose you can handle.
- Avoiding milk and dairy products causes you to miss the best sources of calcium in the diet. You may want to take a daily calcium supplement.
- Alternatives to dairy products include: soy milk, rice milk, non-dairy ice creams, sorbet, green vegetables, nuts, legumes and beans, salmon and sardines.
- Substitute nondairy creamers such as Coffee Rich, Poly Rich, and Vitamite in recipes calling for milk. Cookbooks with milk-free recipes are available in bookstores and at libraries. Examples include: ***Dairy-Free Cookbook***, by Jane Zukin, 1989; ***Lactose-Free Cooking***, by Arlene Burlant, R.D., 1990; ***The Milk Sugar Dilemma : Living with Lactose Intolerance***, by R.A. Martens and S. Martens, 1987, and ***Milk-Free Cooking***, by Ruby Brown.

Products To Help Digest Lactose

- There are several products that you can buy to help digest lactose. Add Lactase enzyme to milk (5-10 drops to a quart of milk) and allow to set for 24 hours before drinking. This enzyme digests the lactose in milk. Chew and swallow **LactAid** tablets or **Dairy Ease** immediately before eating food.
- **LactAid Milk** can be bought at the grocery store. It has lactase enzyme in it so most of the lactose is already broken down. You will need to add lactase enzyme drops to this milk if you cannot handle lactose in any amount. Most people can digest the amount of lactose in **LactAid Milk**. You will need to try drinking this milk to see how you handle it. Use **LactAid Milk** and lactase treated milk just like normal milk. They taste the same.

Foods Allowed

- **Meat, Fish, Poultry, Eggs**

All eggs, beef, chicken, fish, shellfish, turkey, lamb, veal, pork, ham; lunch meat with allowed ingredients; kosher meat products.

- **Bread Products**

Cereals made without milk; homemade or packaged bread made without milk; plain saltine or graham crackers; pretzels; macaroni; spaghetti; rice and bagels.

- **Fats**

Margarine and salad dressings made without milk or dairy; vegetable oils; shortening; Rich's Whipped Topping or other non-dairy products; peanut butter.

- **Soups**

Clear soups; bouillon; vegetable soups; consommés; homemade cream soups made with non-dairy creamers.

- **Fruits**

All fresh, canned frozen or dried fruit.

- **Vegetables**

All fresh, frozen, canned vegetables unless listed to avoid; instant potatoes made without milk.

Foods To Avoid

Creamed or breaded meat, fish or poultry; sausage products; non-kosher frankfurters; lunch meats made with lactose, casein, caseinates, whey, whey products or non-fat dry milk solids; cheese; omelets and souffles made with milk.

Breads or cereals made with milk, casein, caseinates, whey, whey products or non-fat dry milk solids; prepared mixes such as muffin, biscuit, waffle or pancake mixes; croutons (made with non-fat milk solids).

Margarine and salad dressings made with milk products; butter; cream; cream cheese; peanut butter made with milk product fillers; sour cream.

Canned soups made with added milk products; cream soups; chowders.

Fruits mixed with milk products, i.e., strawberries and cream.

Frozen or canned vegetables made with milk products; creamed or breaded vegetables.

Foods Allowed

- **Desserts**

Water and fruit ices; gelatin; angel food cake; homemade cakes, cookies, pies made without dairy products.

- **Beverages**

Carbonated drinks; coffee; freeze dried coffee; fruit drinks; reduced lactose milk, LactAid; non-dairy coffee creamer; tea; wine; Ensure, Sustacel

- **Miscellaneous**

Soy sauce; carob powder; popcorn; pure sugar candy; jelly; honey; jam; marmalade; sugar; corn syrup; gravy made with water; Baker's coca; pickles; pure seasonings and spices; molasses.

Foods To Avoid

Ready to make cake and cookie mixes; custard; puddings; sherbets; ice cream; any desserts containing chocolate; pie crust made with butter or whey / whey products.

Cordials, liqueurs; drinks made with chocolate; malted milk powder; some cocoa powders; milk (whole, low fat, skim, dried, evaporated, condensed, buttermilk and cream); instant and/or gourmet coffees with added milk products.

Toffee; butterscotch; caramels; dietetic and diabetic products made with milk products; spice blends made with milk product; yogurt; chocolate.