

## **RESTRICTED LACTOSE DIET**

**WHAT IS LACTOSE?** Lactose is the main “sugar” found in milk and milk products. In order to digest lactose, the body needs to produce an enzyme called lactase.

### **CAUSES OF LACTOSE INTOLERANCE:**

- 1.) An allergic reaction to milk proteins, and or:
- 2.) An insufficient amount of the enzyme lactase to digest milk.

**COMMON SOURCES OF LACTOSE:** Dairy products are the most common sources. Other products have lactose added in their preparation. It is essential that you **READ LABELS**.

Lactose **will be** present when any of the following are listed on the label: MILK, CASEIN, WHEY, CURDS, CASEINATE, MILK BY-PRODUCTS and DRY-MILK SOLIDS.

Lactose **may be** present in commercially prepared foods containing: ASCORBIC ACID, CITRIC ACID MIXTURES, MONOSODIUM GLUTAMATE, SPICE BLENDS and SOY SAUCE. People with **severe** lactose intolerance may be advised to avoid foods containing these.

Lactate, lactalbumin, lactic acid and calcium lactate **are allowed** because these substances are chemically different from lactose.

**OTHER SOURCES OF LACTOSE:** Check all medications with your physician or pharmacist. Lactose is often added to drugs as a filler or sweetener, although it is not always listed on the label.

### **SOME FOODS TO AVOID:**

Milk (whole, skim, dried, buttermilk,  
Condensed)  
Cream, sweet or sour  
Frankfurters, cold cuts  
Sausages made with milk solids  
Creamed or breaded meats  
Cheese  
Lactose-containing bacon, ham products  
Instant potato mixes containing milk  
Some powdered flavoring mixes

Vegetables with added lactose  
Some frozen or canned fruits  
Butter, some margarine  
Cream soups, some dried soups  
Cream sauces  
Commercial baked goods  
Ice cream, puddings  
Milk chocolate  
Some candy, icings

## **RESTRICTED LACTOSE DIET CON'T**

**It is essential that you read all ingredient labels to decipher lactose contents. Each person varies in his/her tolerance to lactose containing products. You may add the above foods products to your diet as tolerated.**

### **ALLOWED FOODS:**

Milk Substitutes	Cream substitutes
Meat, fish, poultry	Breads and rolls without milk
Eggs	Most cold or cooked cereals
Fruits/Fruit juices	Vegetables
Pasta, macaroni, noodles	Rice
Broth-type soups, consommé	Coffee, tea
Gelatin	Sugar, honey maple syrup
Some pies, cakes, cookies	Jelly, jams
Seasonings	Nuts, olives
Pickles	All foods not containing lactose

**If you are on a very strict lactose-free diet, you may check with your doctor to be sure you are properly supplementing your diet with Vitamin D and calcium since dairy products provide such nutrients.**