

Lactose Free Guidelines

Lactose is the carbohydrate found in milk. It is also referred to as milk sugar. Some people have difficulty digesting lactose. When milk, milk products, or other foods containing lactose are consumed, intestinal symptoms may appear (for example: bloating, cramping, diarrhea). Following a lactose-free plan can help prevent these symptoms.

Lactose is used in the manufacture of many foods and medicines. Read labels of all commercial products before using.

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Beverage	Coffee, tea, decaffeinated coffee, soft drinks, fruit drinks, lemonade, non-dairy coffee creamers – liquid or powder	Hot chocolate, cocoa, cocoa-malt, instant coffee & tea containing lactose, Ovaltine®, powdered fruit drinks with lactose
Dairy	If tolerated, may consume dairy products with Lact-aid® added	All types of milk & milk products including whole, skim, evaporated, condensed & dried milk, casein, whey, milk chocolate, yogurt, malted milk, milk shakes, ice cream, creamed soups, pudding
Protein rich foods	Beef, poultry, lamb, pork, veal, fresh, frozen, canned fish or shellfish, Kosher frankfurters or cold cuts without milk, eggs, prepared with allowed foods, peanut butter, tofu, dried beans & peas	Cold cuts, frankfurters & sausage containing milk, brains, liver sausage, sweetbreads, creamed or breaded products, all types of processed cheese, peanut butter with milk-solid fillers, cheese, cottage cheese, cheese spreads. Breaded chicken or meat products with unknown ingredients in coating
Bread & Cereal	Bread made without milk such as French or Italian; Matzoh, soda crackers, saltines, cooked & dry cereals without lactose added (check labels), for example, Corn Flakes®, Rice Krispies®, Puffed Wheat®, Puffed Rice®, Shredded Wheat®	Breads and cereals with milk or lactose added such as Total®, Special K®, instant cream of wheat, crackers made with butter or margarine, French toast, mixes of all types, pancakes, waffles, Zwieback®, sweet rolls, doughnuts
Potato or Substitute	White & sweet potato, macaroni, noodles, rice, spaghetti	Commercially packaged potatoes, (instant potatoes, frozen French fries), prepared potatoes such as au gratin, scalloped or creamed potatoes, any made with margarine or butter
Vegetable	Fresh, canned or frozen, (plain or with milk free margarine), check labels of canned or frozen	Canned or frozen vegetables prepared with lactose, creamed breaded or buttered vegetables; foods with milk or lactose added

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Fruit	All fresh, canned or frozen which are not prepared with lactose	Any canned or frozen prepared with lactose
Fat	Margarine (no milk added) for example, Fleishmann®, Promise®, vegetable oils, olives, bacon, salad dressings which do not contain lactose	Butter, margarine with butter or milk added, sweet & sour cream powdered coffee cream, salad dressings containing lactose
Dessert	Angel food cake, gelatin, water ices, homemade desserts made with allowed foods, lactose-free ice cream substitutes, sorbet, Tofutti®	Homemade & commercial desserts made with milk, butter margarine or chocolate, custard, pudding, ice cream, sherbet, commercial fruit fillings
Soup	Broth, soups made with allowed meats & vegetables	Creamed soups, canned, dehydrated or frozen soups
Miscellaneous	Sugar, candies made without milk or milk products, corn syrup, honey, jam, jelly, carob powder, nuts, pickles, un buttered popcorn, salt, pepper, cinnamon, paprika, nutmeg, mustard, catsup, vinegar, garlic, gravy (made with allowed ingredients)	All candies made with milk & milk products, butterscotch, toffee, peppermints, chewing gum, chocolate, molasses, dietetic products with lactose added, cream sauces, gravy made with foods not allowed, monosodium glutamate, party dips, corn curls, blended spices, dietetic sugar substitutes with lactose added

Sample Meal Plan

Breakfast	Lunch	Dinner
Orange Juice	Chicken Sandwich	Roast Beef
Oatmeal	w/Italian bread	Baked Potato
Soft cooked egg	Lettuce, tomato	Margarine (milk-free)
Toast (French bread)	Apple	Tossed salad
Margarine (milk-free)	Tea, sugar	w/oil & vinegar
Coffee, sugar		Peach
		Tea, sugar

Snack: Fruit juice, angel food cake

THINGS TO KNOW

- Read all food labels carefully. Avoid foods containing: milk, whey, lactose, milk solids & non-fat dry milk solids. Lactalbumin, lactate & calcium compounds are salts of lactic acid & do not contain lactose.
- Since you must try to omit dairy products (which are a major source of calcium), try to consume the following foods to obtain the calcium you need: oysters, salmon & sardines with bones, dark leafy greens (turnips, collard, beet, mustard), broccoli, tofu, calcium fortified orange juice. You may also benefit from the addition of a calcium supplement to your diet.
- If your lactose intolerance is mild, you may be able to tolerate the following foods in moderation: buttermilk, yogurt, breads & cereals made with lactose, regular butter & margarine. Try a small amount of these foods at a time.

Calcium is a mineral which plays an important role in the formation of bones & teeth. It is also necessary for blood clotting, muscle contraction, & nerve function. Calcium requirements vary with age.

Age	Recommended Dietary Allowance of Calcium	
1-3 years	500 mg	
4-8 years	800 mg	
9-18 years	1300 mg	
19-50 years	1000 mg	
51+	1200 mg	
Pregnant/Nursing	18 years or younger over 18 years	1300 mg 1000 mg

The following chart lists some non-dairy sources of calcium & the amount of calcium in an average serving.

FOOD & SERVING SIZE	MILLIGRAMS OF CALCIUM
Rice milk, fortified, 1 cup	300
Soy milk, fortified, 1 cup	200-300
Calcium fortified orange juice, 1 cup	300
Tofu, firm, ½ cup	200
Canned salmon with bones, 3 oz	180
Blackstrap molasses, 1 Tbsp	170
Ocean Perch, baked 3 oz	120
Soybean nuts, ½ cup	120
Chickpeas, cooked ½ cup	100
Broccoli, cooked, ½ cup	90
Kale, ½ cup cooked	90
Soybeans, ½ cup cooked	85
Almonds, ¼ cup	80
Kidney beans, cooked 1 cup	70
Trout, Rainbow, baked 3 oz	70
Baked beans, ½ cup	65
Brazil or hazelnuts, ¼ cup	60
Orange, 1 medium	60

If you have any questions regarding these guidelines, please call the Nutrition Department at (508) 852-6175 or 1-800-891-2300.