

Lactose Free, Low Fiber, Low Fat Guidelines

FOOD GROUPS	CHOOSE	AVOID
Beverages:	Lact-aid or Dairy Ease milk (skim or 1%) soft drinks, coffee, tea, fruit punch, non-dairy creamers (fat free), soy milk	Milk, cocoa, cream, non-dairy creamer (regular of light), Ovaltine™, beverages with lactose added as a filler
Protein-rich Foods	Poultry (no skin) preferably breast, fish, lean beef (loin/round cuts), pork tenderloin, pork loin chop, egg whites, egg substitutes, shellfish, tuna (water-packed), ground beef with no more than 15% fat), ham which is 95-98% fat free	Any fried meat, fish or poultry item, tuna packed in oil, peanut butter, hot dogs, cold cuts, sausage, bacon, all rib cuts of meat, legumes (dried peas and beans) cheese cottage cheese, cheese spreads
Breads, Cereals	White or refined wheat breads and rolls, cereals with less than 3 grams of fiber per serving, plain crackers (fat free), fat free waffles, English muffins, bagels, bulkie rolls	Whole grain breads, any bread or roll with nuts or seeds, granola-type cereals, cereals with nuts or seeds, instant cereals, cereals made with lactose, muffins, pastries, donuts, popovers
Rice, Pasta, Potato, etc.	Rice, noodles, pasta, potato (no skin) or sweet potato	Fried rice, fried potatoes, pancakes, popcorn, chow mein noodles, crackers with any fat, pre-packaged pasta, rice or potato dishes

FOOD GROUPS	CHOOSE	AVOID
Vegetables:	Cooked carrots, green or wax beans, beets, mushrooms, winter squash, pumpkin, spinach, tomato or vegetables juice - all prepared without fat	All raw vegetables, all vegetables prepared with fat, any vegetable not listed under Choose
Fruits:	Canned or cooked apples (no skin), peaches, apricots, pears, pineapple, fresh banana, orange or grapefruit sections, all juices except prune juice	Any raw fruit, any dried fruit, prune juice, avocado
Soups:	Broth based soups made with allowed ingredients, refrigerate broth before serving and skim fat	All cream-style soup,
Fats:	Fat free margarine, spray-release agents, fat free salad dressings made with allowed ingredients, fat free mayonnaise	Nuts, oils, all regular margarine, butter, all types of sour cream or cream cheese, lard, shortening, salad dressings, bacon
Desserts:	Angel food cake, gelatin, fat free desserts made with allowed ingredients, fruit ice	All ice creams and puddings, sherbet, any dessert made with milk, pie crust, custard, any desserts with nuts
Miscellaneous:	Sugar, honey, molasses, maple syrup, salt, mild seasonings, cranberry sauce, vinegar, jelly, jam, ketchup, pickles, relish, mustard	Gravy, cream sauce, cheese sauce, olives, chocolate candy, baking chocolate, coconut

If you have any questions, please call the Reliant Medical Group Nutrition Department at 1-508-852-6175.