



# LACTOSE CONTROLLED DIET

If you've been told by your doctor that you have lactose intolerance, this means you have difficulty digesting a sugar found in dairy products called lactose.

This diet will help you avoid some of the side effects, such as gas, cramping, bloating and/or diarrhea, which often occurs when milk or dairy products are consumed. Usually side effects will stop 3 to 5 days after following the diet.



FOOD CATEGORY	RECOMMENDED FOODS	FOODS THAT MAY CAUSE DISTRESS	TIPS
<b>BREADS, CEREALS, RICE &amp; PASTA</b> 6 – 11 servings each day	Whole grain or enriched breads, cereals, rice, barley, and pastas made with milk-free ingredients.	Any prepared with milk, milk products, whey, or mixes containing lactose, such as instant hot cereals.	Try lactose-reduced milk on ready-to-eat cereals, or choose hot cereals, such as oatmeal, that can be prepared with water.
<b>FRUITS</b> 2 – 4 servings each day	All fruits and fruit juices.	None	
<b>VEGETABLES</b> 3 – 5 servings each day	All	Vegetables prepared with milk or milk products.	Select salad bar items or a chef salad without cheese or milk products.
<b>MEAT &amp; MEAT SUBSTITUTES</b> 2 – 3 oz servings or a total of 6 oz each day	All meats, poultry, fish, and eggs. Dry peas and beans. Nuts and peanut butter.	Cold cuts and frankfurters that contain lactose fillers, milk or non-fat milk solids.	Avoid meat, poultry, or fish that is creamed, breaded, or topped with a cheese or milk containing sauce.
<b>MILK, YOGURT, &amp; CHEESE</b> 2 – 3 servings each day	Yogurt, soy milk, lactose-reduced milk. Hard, aged cheese, such as blue, colby, cheddar, and if tolerated, Swiss processed cheese.	Milk, milk products, powdered hot chocolate mixes containing milk/malt, goat's milk, acidophilus milk, and cottage cheese.	Experiment with lactose-reduced milk or cheese products. Often ½ – 1 cup of milk may be tolerated with meals.
<p><i>Enzyme alternatives such as Lactaid®, or Dairy Ease® can be added to your milk to make digestion easier. Also if dairy products are limited to less than 3 servings a day, consider taking a calcium supplement to provide the recommended daily requirement for calcium. Ask your doctor or dietitian about these enzyme alternatives and calcium supplements.</i></p>			
<b>FATS, SNACKS, SWEETS, CONDIMENT, &amp; BEVERAGES</b>	Butter or margarine, non-dairy creamer, and oil-based salad dressings. Cakes, cookies, pies, flavored gelatin desserts, and fruit ices made with milk-free ingredients. Sugar, corn and pure sugar candies. All milk-free beverages.	Salad dressings containing milk or cheese. Cream soups. Any dessert prepared with milk products such as sherbet, ice cream, pudding, and some cakes, cookies, and pies; chocolate, caramels or butterscotch or any candies made with milk or milk products. Instant drink mixes.	In place of milk, use a non-dairy creamer or lactose-reduced milk in baked products; use broth for sauces and gravies. Heated milk products such as soup and custard are better tolerated than cold milk products.
<p><i>Read labels on all processed food. Avoid products which list one or more of the following ingredients: milk, whey, dry milk solids, casein, and lactose. Also be aware that many prescription drugs, some birth control pills, and over-the-counter medications (some tablets for stomach or gas) contain lactose. Consult your pharmacist for further information.</i></p>			