



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 CAUSE DISTRESS	FOODS THAT MAY CAUSE DISTRESS	TIPS
BREADS, CEREALS, RICE & PASTA 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.
FRUITS 2 – 4 servings each day	All fruits and fruit juices.	None	
VEGETABLES 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.
MEAT & MEAT SUBSTITUTES 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.
MILK, YOGURT, & CHEESE 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 $\frac{1}{2}$ – 1 cup of milk may be tolerated with meals.
FATS, SNACKS, SWEETS, CONDIMENTS, & BEVERAGES	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.

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.

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.