

Lactose-Controlled Eating Plan

Lactose is a type of sugar found in both milk and milk products. The small intestine produces an enzyme called lactase, which breaks down lactose into simpler forms of sugar. Most people produce lactase from birth, but the amount produced tends to decrease by adulthood, particularly in those people of Native American, Asian, African, and South American descent. People who are missing the enzyme lactase must limit their intake of lactose.

Lactose intolerance is a condition which causes symptoms such as bloating, stomach pain, diarrhea, and gas after eating or drinking milk or milk products. Symptoms usually occur within 30 minutes and up to 2 hours after eating foods which contain lactose. Most people with lactose intolerance can eat or drink small amounts of lactose without having digestive symptoms. Individuals vary in the amount of lactose they can tolerate.

General principles of a Lactose Restricted diet:

- **Eliminate all lactose containing products initially.** This includes all products that contain milk, casein, whey, lactose, dry milk solids or milk curds. Gradually increase lactose intake as tolerated. Hard cheeses such as Swiss or Cheddar have small amounts of lactose and are usually well-tolerated. Cultured milk products such as yogurt may be well-tolerated, as the bacteria from the culturing process produces the enzyme that breaks down lactose.
- **Get adequate nutrition.** Dairy products are high in vital nutrients such as calcium and vitamin D. Calcium is essential at all ages to maintain healthy bones and teeth and prevent osteoporosis. If you cannot tolerate lactose, make sure to include other calcium rich foods such as calcium-fortified juices and cereals, broccoli, leafy green vegetables, and fish with bones. You may need to take a calcium supplement, as well.
- **Lactose-free and lactose-reduced milk and milk products** are available at most supermarkets and are nutritionally identical to regular milk and milk products. Manufacturers treat lactose-free milk with the lactase enzyme. This enzyme breaks down the lactose in the milk.
- **“Lact-aid”, lactase enzyme tablets and drops** may be used when consuming milk products. The lactase enzyme digests the lactose in the food and therefore reduces the chances of developing digestive symptoms. People should check with a health care provider before using these products because some groups, such as young children and pregnant and breastfeeding women, may not be able to use them.

Age Group	Recommended Dietary Allowance (mg/day)
1–3 years	700 mg
4–8 years	1,000 mg
9–18 years	1,300 mg
19–50 years	1,000 mg
51–70 years, males	1,000 mg
51–70 years, females	1,200 mg
70+ years	1,200 mg
14–18 years, pregnant/breastfeeding	1,300 mg
19–50 years, pregnant/breastfeeding	1,000 mg

Dietitian: _____
 Phone: _____
 Facility: _____

Foods to use or limit on a Lactose Restricted diet

FOOD GROUP	FOODS RECOMMENDED	FOODS TO LIMIT
<p>Milk and Milk Product</p> 	<p>Lactose free milk, lactose free yogurt, lactose free cheese, rice milk, almond milk, coconut milk and soy milk</p>	<p>Milk, powdered dry milk, sweetened condensed milk, instant hot chocolate and cocoa mixes, cheeses</p>
<p>Breads</p> 	<p>Water-based breads (French, Italian, Jewish Rye), rice and popcorn cakes, graham crackers, rusk, cooked and dry cereals without added milk solids, pasta, rice, oats, barley, cornmeal, bulgur, and other plain grains</p>	<p>Breads, rolls, biscuits, muffins, pancakes, sweet rolls, waffles, crackers, dry cereal made with milk products, some packaged grain mixes and macaroni mixes</p>
<p>Fruits</p> 	<p>All fresh, frozen, canned and dried fruits and fruit juices</p>	<p>None</p>
<p>Vegetables</p> 	<p>All fresh, frozen and canned vegetables without added milk, tomato pastes, spaghetti sauces without cheese</p>	<p>Creamed or breaded vegetables, packaged dried potato mixes, tomato and spaghetti sauces with cheese.</p>
<p>Meat and Meat Substitutes</p> 	<p>Plain meat (has not been breaded or creamed), eggs, peanut butter, peas, lentils, beans, all nuts and seeds, tofu</p>	<p>Any egg or meat that is breaded or creamed, luncheon meats, sausage, frankfurters, some brands of egg substitutes, and powdered eggs</p>
<p>Fats and Oils</p> 	<p>Margarine without milk derivatives (whey), salad dressings without cheese or milk, vegetable oils, olives, non-dairy creamers, mayonnaise, gravy products made without milk or milk products.</p>	<p>Cream, half and half, sour cream, cream cheese, chip dips, some types of margarine, salad dressings with milk or cheese, whipped toppings</p>
<p>Soups</p> 	<p>Bouillon, broth, meat or vegetable stock, bisques and chowders made with water or soy milk</p>	<p>Cream soups, canned and dehydrated soup mixes containing milk products</p>

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FOOD GROUP	FOODS RECOMMENDED	FOODS TO LIMIT
Beverages 	Postum, lactose free nutritional supplements (Ensure, Boost), juices, most coffee, tea, carbonated drinks, beer, wine	Instant iced tea, instant coffee, Ovaltine, chocolate drink mixes, cordials, liqueurs, milk based nutritional supplements.
Sweets and Desserts 	Angel food cake, gelatin, fruit ice, popsicles, fruit roll ups, hard candy, gum drops, jelly beans, licorice, fruit pie fillings	Ice cream, ice milk, some brands of sherbet, soufflé, mousse, pudding, custard, packaged dessert mixes, milk chocolate, toffee, caramel, butterscotch
Miscellaneous 	Popcorn, plain pretzels, plain potato and corn chips, salsa, mustard, ketchup, pickles, relish, sugar, honey, jams, maple and corn syrups, molasses and spices.	Cream or cheese sauces, ranch style or cheese flavored pretzels or chips, cheese curls, sugar substitutes, and vitamin supplements with lactose added.

Label Hints

- Lactose will not be listed on the “Nutrition Facts” on the label. Steer clear of lactose by reading the ingredients list just below the nutrition facts.
- Ingredients are listed by weight. This means the largest ingredients will be listed first. If the first 4 ingredients are not milk based, the amount of lactose in the product will be small. Use caution until you know what amount of lactose you can tolerate. .
- The following ingredients are not sources of lactose: Lactate, lactalbumin, lactylate, calcium caseinate
- Soy milk is a milk alternative made from soy beans. It is a good source of protein and can be enriched with calcium and vitamin D
- Rice milk and almond milk are also milk substitutes. They can be enriched with calcium and vitamin D, but are not good sources of protein.

Resources:

Digestive.niddk.nih.gov/diseases/pubs/lactoseintolerance

<http://www.mayoclinic.org/diseases-conditions/lactose-intolerance/basics/definition/con-20027906>

<http://www.nationaldairycouncil.org/EducationMaterials/HealthProfessionalsEducationKits/Pages/LactoseIntoleranceAndDairy.aspx>

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