

Lactose Intolerance

General Information

Lactose is the sugar found in milk and milk products. After ingestion the enzyme lactase breaks down lactose so that it may be absorbed and used by the body. Symptoms of cramping occur when lactase is absent or present in limited amount

Basic Guidelines

1. Avoid all milk and milk products (e.g. cream, ice cream).
2. Read ingredient labels each time a product is purchased. Avoid any
Avoid any food containing milk, nonfat milk solids, skim milk butter, cream, casein, caseinate, sodium caseinate, whey.
3. Check with you pharmacist before using any prescription drugs
Read labels on non-prescription drugs

Strictly Lactose Free Diet

This diet eliminates all significant sources of lactose

<u>Type of Food</u>	<u>Does Not Contain Lactose</u>	<u>Avoid: Contains Lactose</u>
Milk	N/A	All types: whole, low fat, skim, buttermilk, dry, sour/acidophilus milk, flavored milk, chocolate milk
Cheese & Yogurt	N/A	All Types of cheese & Yogurt
Other Beverages	Kool Aid, carbonated beverages, fruit juices, tea/coffee, lemonade	Ovaltine, some instant & "international" coffees, instant breakfasts, some powdered soft drinks, shake

<u>Type of Food</u>	<u>Does Not Contain Lactose</u>	<u>Avoid: Contains Lactose</u>
Candies	Sour balls, Life Savers, Gummies	Toffee, caramel, milk chocolate, malted milk, peppermint, butterscotch
Protein	Meat, fish, poultry, shellfish, cooked dried peas, beans, eggs	Creamed varieties, processed meats, cold cuts (unless otherwise specified), sandwich spreads, "extended" meat products, imitation meat products
Bread & Baked Products	French, Italian & Kosher (pareve) products	bread, cakes, pancakes, waffles, cookies, crackers, pastries, muffins or biscuits made with milk or milk solids
Cereal	Ready to eat/ cooked cereal made with water	None
Vegetables	Plain fresh, frozen and canned vegetables	Those in cream sauces
Potatoes & Substitutes	Plain baked or boiled, white rice, sweet potatoes, grits, pasta	Instant potatoes processed with lactose, restaurant mashed potatoes
Fruits	All types	None
Fats	Non-dairy creamer, margarine (w/o added milk solids, e.g. Mother's), oil, shortening, salad dressing (non creamy), peanut butter	Cream, sour cream, whipped cream, some imitation mayonnaise, creamy salad dressing or those containing cheese or yogurt
Desserts	Fruit ice, gelatin, sponge or angel cake, cookies (not made w/ milk)	Pudding, custard, ice cream, ice milk, milk-sherbet, cakes, cookies & pastries made w/ milk
Miscellaneous	Anything that does not contain milk or milk solids, such as jam, pickles, sugar, honey and nuts	Cheese crackers, some canned spaghetti, creamed soup and chowder, some canned dips, textured vegetables, some sauce and gravy mixes

It is impossible to list all foods that contain lactose. **Please read the labels** of all processed foods for the ingredients. Look for the words *milk*, *milk solids*, or *lactose* to decide whether or not the product is appropriate to include in your diet.

Sample Meal Plan

Breakfast

4 oz. orange juice
1/2 cup oatmeal
1 oz. non-dairy
 creamer
1 scrambled egg w/
 water
1 slice whole
 wheat toast
1 tsp. milk free
 margarine

Lunch

4 oz. vegetable
 soup

3 oz. hamburger
hamburger bun
tomato & lettuce
catsup/ mustard
salad w/ oil &
vinegar

Dinner

1/2 cup cranberry
 juice
3 oz. broiled
 chicken
1/2 cup rice
1/2 cup broccoli
1 small roll
milk free
 margarine
1/2 cup fruit salad

Snack

1/2 cup tofutti

Lactose Free Cookbooks

The following is a list of books to aid in cooking while on a lactose restricted diet, or call the Lactaid Hotline at 1-800-257-8650.

1. Hostage, Jacqueline. Living Without Milk, Better Way Publications 1981, Whitehall Virginia 22987
2. Zukin, Jane. Milk Free Diet Cookbook, Sterling Publications, 2 Park Avenue, New York, NY 10016
3. No Milk Today, recommended by Jane Brody. To order call 1-800-223-2348