

# NUTRITION KEYNOTES

## Low-Lactose Diet



*Goal: To prevent symptoms of gas, bloating, diarrhea, and cramping caused by lactose in milk and milk products.*

### What Is Lactose?

Lactose is a sugar found in milk and milk products. Moderate amounts of lactose spread over the day may be tolerated by some people.

### Foods with Lactose

**High:** Milk (cow or goat), evaporated milk, nonfat (skim) dry milk powder, sweetened condensed milk, ice cream, milk shakes, smoothies, frozen yogurt, pudding, all processed cheese, cheese sauce, cream soups, and milk chocolate.

**Low:** Butter, half-and-half, whipped cream, light cream, cottage cheese, sour cream, cream cheese, sherbet, yogurt, and natural aged cheese.

### Read Ingredients on Labels

If your symptoms continue, you may also need to **avoid** foods or supplements containing milk, milk solids, whey, lactose, nonfat (skim) milk powder, and fat-free (skim) milk solids.

### Foods to Increase

**Good sources of calcium:** Sardines, canned salmon with bones, tofu made with calcium, cooked greens, cooked broccoli, spinach, dried figs, and calcium-fortified foods (some brands of orange juice, cereal, and breads—be sure to read labels).

### Use Instead of Milk and Milk Products

- Lactose-free milk (such as Lactaid 100) or milk substitutes such as calcium-fortified soy milk, rice milk, or almond milk.
- Calcium-fortified soy cheese, soy yogurt, or soy frozen desserts.

### Additional Guidelines

- Lactase pills or liquid (Lactaid or Dairy Ease) may also help control symptoms.
- The nutritional supplements Boost and Ensure are low in lactose.
- Ask your physician or other health care professional whether you need a calcium, riboflavin, or vitamin D supplement.
- Lactose is sometimes used as a filler in medications. Check with your pharmacist.
- For more resources, call the Lactaid Information Line at 1-800-522-8243.

For more information, please contact your registered dietitian or local Health Education Department.