

Low Lactose Diet

Restricts milk and milk products to reduce bloating, flatulence, cramping, and diarrhea associated with lactose intolerance. Individual tolerance determines the amount of lactose allowed.

Allowed

Beverages Coffee, Tea, carbonated beverages, fruit flavored drinks

Breads and Cereals Enriched white, rye, whole wheat bread and rolls, cereals, crackers

Desserts Gelatin desserts, fruit ice, popsicles, sherbet, cakes, cookies, fruit pies, sweet rolls

Fats Butter, margarine, oil, shortenings, mayonnaise, salad dressing, and nondairy creamers

Fruits and Juices All

Meat and Meat Substitutes Beef, fish, eggs, peanut butter, tofu, aged and processed cheese, Kosher frankfurters, dried peas and beans (as tolerated)

Milk and Milk Products Lactose free supplements, soy milk, lactaid treated milk

Potatoes or Substitutes Potatoes, spaghetti, macaroni, noodles, rice

Soups Broth, bouillon, consomme, broth based soups

Vegetables All fresh, frozen, canned, or dried vegetables

Miscellaneous Popcorn, nuts, water based gravies, olives, pickles, relishes, salt, sugar, jelly, jam, preserves, hard candy, jelly beans, gum drops, chewing gum, molasses, honey

Avoid

Beverages All other beverages
Breads and Cereals Some breads or cereals prepared with milk or milk products may need to be avoided such as pancakes, waffles, French toast, muffins, and biscuits

Desserts Puddings, custards, cream pies, ice cream, ice milk, commercial desserts and mixes made with milk or milk products and chocolate

Fats Cream, half and half, whipped cream, sour cream. Small amounts of these products may be tolerated.

Fruits and Juices None

Meat and Meat Substitutes Cold cuts and frankfurters that contain lactose fillers; cottage and ricotta cheese, creamed meats or casseroles, cheese except those tolerated by patient

Milk and Milk Products Whole, 2%, 1%, or skim milk. Evaporated milk, sweetened condensed milk, ice milk, ice cream, acidophilus milk (as tolerated). Hot chocolate mixes, ovaltine, and instant breakfast mixes

Potatoes or Substitutes Potatoes or commercial mixes prepared with lactose containing ingredients

Soups Cream soups and chowders

Vegetables Vegetables prepared with milk or milk products

Miscellaneous White sauces and chocolate

Suggested Meal Plan

Breakfast Fruit or Juice, Cereal, Toast, Butter, Jelly, Milk Substitute, Beverage

Lunch Soup, Meat or Meat Substitute, Potato or Substitute, Vegetable, Bread, Butter, Fruit, Milk Substitute, Beverage

Dinner Fruit or Juice, Meat or Meat Substitute, Potato or Substitute, Vegetable, Bread, Butter, Milk substitute, beverage

