

Lactose-Controlled Diet

Why follow a lactose-controlled diet?

You need a lactose-controlled diet if you are unable to digest the milk sugar lactose. This diet will help prevent uncomfortable side effects, such as bloating, cramping, or diarrhea, that may occur when you consume milk or milk products. Side effects should stop 3–5 days after following this diet. Because there are varying degrees of lactose intolerance, you will need to experiment with foods to determine your individual tolerance.

Dietitian name
Phone number



AMERICAN DIETETIC ASSOCIATION

IMPORTANT POINTS TO REMEMBER

- Scan all product ingredient lists and check to see if they contain milk. Terms like "milk solids," "whey," "curds," "skim milk powder," and "skim milk solids" mean that lactose is present.
- Look for cookbooks with recipes adapted for a lactose-controlled diet.
- Try to include plenty of other sources of calcium in your diet. Some food sources include dark-green vegetables, canned fish with fine bones (sardines and salmon), and dried beans.
- Talk to your doctor, registered dietitian, or pharmacist about lactase enzymes in tablet or droplet form for use with products containing milk.
- You may be able to tolerate up to 2 cups of milk each day. Drink only a small amount ($\frac{1}{2}$ cup or less) at a time with meals.

NOTES:

SAMPLE MENU FOR A LACTOSE-CONTROLLED DIET

BREAKFAST

Orange juice ($\frac{3}{4}$ cup)
Oat-bran cereal (1 cup)
Banana (1 medium)
Whole-wheat toast (2 slices)
Margarine (2 tsp)
Jelly or jam (1 tbsp)
Lactose-reduced 1% milk*
(1 cup)
Coffee or tea

LUNCH

Vegetable barley soup (1 cup)
Crackers (4)
Lean beef patty (3 oz)
Hamburger bun (1)
Tossed salad (1 cup)
Sliced tomato (2 oz)
Vinegar-and-oil dressing (1 tbsp)
Orange (1 medium)
Lactose-reduced 1% milk* (1 cup)
Coffee or tea

DINNER

Apple-raisin salad (1 cup)
Broiled skinless chicken
breast (3 oz)
Baked potato (1 medium)
Whole-grain roll (1)
Margarine (1 tsp)
Lemon ice ($\frac{1}{2}$ cup)
Coffee or tea

*If lactose-reduced milk is not tolerated, substitute $\frac{1}{2}$ cup nondairy creamer at breakfast and fruit juice at lunch. A calcium supplement should also be provided if this substitution is made.

Lactose-Controlled Diet

Food Categories	Foods Recommended	Foods That May Cause Distress	Tips
BREADS, CEREALS, RICE, AND PASTA 6-11 servings each day			
Serving size = 1 slice bread, 1 cup ready-to-eat cereal, ½ cup cooked cereal, rice, or pasta, ½ bun, bagel, or English muffin	Whole-grain or enriched breads, cereals, rice, barley, and pastas made with milk-free ingredients	Any prepared with milk, milk products, or mixes containing lactose	Try lactose-reduced milk on ready-to-eat cereals, or choose hot cereals such as oatmeal that can be prepared with water.
VEGETABLES 3-5 servings each day			
Serving size = 1 cup raw leafy, ½ cup cooked, ¼ cup juice	All	Vegetables prepared with milk or milk products	Select salad bar items or a chef salad without cheese or other milk products.
FRUITS 2-4 servings each day			
Serving size = 1 medium size, ½ cup canned, ¼ cup juice	All fruits and fruit juices	None	
MILK, YOGURT, AND CHEESE 2-3 servings each day			
Serving size = 1 cup, 1½ oz natural cheese, 2 oz processed cheese	Soy milk, lactose-reduced milk, and lactose-free supplements Hard, aged, and processed cheese, if tolerated Yogurt, if tolerated	Milk, milk products, goat's milk, and acidophilus milk	Experiment with lactose-reduced or lactose-free milk or cheese products available in most supermarkets. Small amounts of milk (¼ cup or less) may be tolerated with meals.
MEATS, POULTRY, FISH, DRIED BEANS AND PEAS, EGGS, AND NUTS 2-3 servings or total of 6 oz daily			
Serving size = 2-3 oz cooked; count 1 egg, ½ cup cooked beans, 2 tbsp peanut butter, or ¼ cup nuts as 1 oz of meat	All meats, poultry, fish, and eggs Dried peas and beans Nuts and peanut butter	Commercially made meats such as croquettes, hamburger patties, cold cuts, or frankfurters Egg substitutes	Avoid meat, poultry, or fish that is creamed, breaded, or topped with a cheese- or milk-containing sauce.
FATS, SNACKS, SWEETS, CONDIMENTS, AND BEVERAGES			
	Butter or margarine, nondairy creamer, and oil-based salad dressings Cakes, cookies, pies, flavored gelatin desserts, and fruit ices made with milk-free ingredients Sugar, corn and pure maple syrup, honey, jellies, jams, and pure sugar candies All milk-free beverages	Salad dressings containing milk or cheese Cream soups Any dessert prepared with milk or milk products such as sherbet, ice cream, pudding, and some cakes, cookies, and pies Chocolate or caramels or any candies made with milk or milk products Instant drink mixes	In place of milk, use a nondairy creamer or lactose-reduced milk in baked products; use broth for sauces and gravies. Heated milk products such as soup custard, or pudding may be better tolerated than cold milk products.