

LACTOSE-CONTROLLED DIET

(Sheet 1 of 2)

PURPOSE:

This diet is designed to minimize gastrointestinal (GI) disturbances associated with ingestion of the carbohydrate lactose, such as abdominal cramps, bloating, flatulence, increased GI motility and diarrhea.

DESCRIPTION:

This diet is individualized to provide the appropriate amount of lactose that a lactose-intolerant individual may tolerate. Milk and milk products are limited.

BASIC INFORMATION:

Current research indicates that most lactose-intolerant individuals can consume 15-30 grams of lactose without experiencing severe symptoms. Tolerance level is highly individualized.

NUTRITIONAL ADEQUACY:

This diet may provide adequate amounts of essential nutrients based on the use of lactose-reduced food choices. If lactose-reduced foods are not included the diet may be deficient in calcium, vitamin D or riboflavin.

FOOD LIST

Food Groups	Foods Allowed	Foods to Avoid
Milk/Dairy	Milk substitutes and non-dairy products. Milk treated with lactose reducing enzymes.	Milk or milk products in excess of allowed amounts. Avoid or decrease intake with development of intolerance.
Meats/Meat Substitute	Any meat, fish and poultry except those listed to avoid, peanut butter. The following cheeses contain no detectable lactose and may be used if tolerated: brick, Swiss, Camembert, cheddar, colby, mozzarella, muenster, provolone. Eggs without milk.	All other cheese and cheese products. Creamed meats. Casseroles made with foods to avoid. Breaded meats, fish or poultry eggs made with milk, souffles, quiche with milk or cream.
Breads/Grains	Breads, cereals, crackers. Quick breads such as muffins, biscuits, etc., in moderation if made with milk.	Excessive use of commercial products with added milk or lactose.
Fruits/Vegetables	Any fresh, canned or frozen.	Artificial fruit juice containing lactose and dietetic fruits with added lactose. Creamed vegetables or vegetables in cheese sauce.
Desserts/Sweets	Sugar, honey, jelly, jams. Plain sugar candies such as gumdrops, jelly beans, marshmallows. Angel food cake, fruit ices, gelatin. Commercial mixes or baked products containing milk in moderation. Non-dairy frozen desserts.	Cream candies, tablet candies with lactose. Cream pies. Products with cream fillings, cream cheese or sour cream. Commercial puddings.
Beverages	Coffee, tea, carbonated beverages, cereal beverages, alcoholic beverages if allowed by physician. Isomil, Pregestimil, ProSobee.	Cocoa, ovaltine, cocoa malt, cocoa mixes, beverages containing cream.
Soups	Broth-type soups.	Milk or cream based soups.

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(Sheet 2 of 2)

FOOD LIST (Continued)

Food Groups	Foods Allowed	Foods to Avoid
Miscellaneous	Condiments, pure flavorings, popcorn, nuts, salt, vinegar, spices, lactate, lactic acid, lactalbumin, citric acid, MSG, margarine, butter, bacon, lard, mayonnaise, vegetable oils, vegetable shortenings. Most oil based commercial salad dressings. Non-dairy whipped cream.	Cream sauces, milk gravies, gum ascorbic acid tablets, spice blends with lactose added, peppermints, whey. Salad dressing with added milk or cheese not allowed. Sour cream, alone, or in spreads and dips. Cream cheese, whipped cream.

SAMPLE MENU

Suggested Meal Plan	Suggested Foods and Beverages
BREAKFAST Fruit Juice Cereal Meat/Meat Substitute Bread - Margarine Milk Beverage	Orange Juice w/calcium Shredded Wheat Soft Cooked Egg Wheat Toast with Margarine Lactose Free Milk Coffee
DINNER - NOON OR EVENING MEAL Meat/Meat Substitute Potato/Potato Substitute Vegetable and/or Salad Bread - Margarine Dessert Beverage	Baked Chicken Brown Rice Spinach, Sliced Tomato Salad Wheat Bread with Margarine Angel Food Cake, Strawberries Coffee
SUPPER - EVENING OR NOON MEAL Soup or Juice Meat/Meat Substitute Vegetable and/or Salad Bread - Margarine Dessert Beverage	Apple Juice Lean Roast Beef Cooked Carrots, Three Bean Salad Rye Bread Fruit Sorbet Coffee or Tea

Nutrient Analysis

Calories	1843 Kcal	Riboflavin	1.5 mg
Protein	90 gm	Thiamin	1.4 mg
Carbohydrate	250 gm	Folate	325 mcg
Fat	59 gm	Calcium	(varies) mg
Cholesterol	373 mg	Phosphorus	1112 mg
Dietary Fiber	7 gm	Zinc	11 mg
Vitamin A	2941 IU	Iron	22 mg
Vitamin C	152 mg	Sodium	1637 mg
Niacin	24 mg	Potassium	2763 mg