

# LACTOSE-CONTROLLED DIET

(Sheet 1 of 2)

## PURPOSE:

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

## DESCRIPTION:

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

## BASIC INFORMATION:

Current research indicates that most lactose-intolerant individuals can consume 15-30 grams of lactose per day (about 2 cups milk) without experiencing severe symptoms. Tolerance level is highly individualized. There are a number of commercial products that will break down lactose (milk sugar), allowing more flexibility in the diet.

## 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 LISTS

Food Groups	Foods Allowed	Foods to Avoid
Milk/Dairy	Milk substitutes and non-dairy products. Milk treated with lactose reducing enzymes, soy milk, as tolerated: buttermilk, acidophilus milk, yogurt.	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, kosher hot dogs, dried beans, eggs. Cheeses as tolerated: blue, brick, Swiss, Camembert, cheddar, Colby, mozzarella, muenster, provolone.	All other cheese and cheese products, creamed meats, luncheon meats, hot dogs, other processed meats with added lactose, breaded meats, fish or poultry, casseroles and egg dishes made with milk or foods to avoid.
Breads/Grains	Breads, cereals, crackers, quick breads such as muffins, biscuits, etc., in moderation if made with milk, rice, pasta, no lactose cereals.	Excessive use of commercial products with added milk or lactose, milk or cream-based soups or pasta, cooked or dry cereal with milk, French toast, macaroni and cheese.
Fruits/Vegetables	Any fresh, canned or frozen.	Fruit juice products containing lactose and dietetic fruits with added lactose; creamed vegetables or vegetables in cheese; sauce; mashed, au gratin, scalloped potatoes.
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, 1 serving milk chocolate per day.	Cream candies, tablet candies containing lactose, cream pies, products with cream fillings, cream cheese or sour cream, commercial puddings, artificial sweeteners containing lactose, toffee, caramels.
Beverages	Coffee, tea, carbonated beverages, cereal beverages, sports beverages, alcoholic beverages (if allowed by doctor), Isomil, Pregestimil, ProSobee, Ensure.	Cocoa, Ovaltine, cocoa malt, cocoa mixes, beverages containing cream, flavored instant coffee mixes.

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NOLENSVILLE FAMILY MEDICINE

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## FOOD LISTS (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, broth type soups.	Cream sauces, milk gravies, gum, ascorbic acid tablets, spice blends with lactose added, milk or cream soups, whey, salad dressing with added milk or cheese not allowed, sour cream (alone, or in spreads and dips), cream cheese and spreads, whipped cream.

## SAMPLE MENU

Suggested Meal Plan	Suggested Foods and Beverages
<b>BREAKFAST</b> Citrus Fruit or Juice Cereal Meat/Meat Substitute Bread - Margarine Milk Beverage	Orange Juice w/calcium (1 cup) Shredded Wheat (1/2 cup) Soft-Cooked Egg (1) Slice Wheat Toast with Margarine (1 tsp) Lactose Free Low-Fat Milk (1 cup) Coffee or Tea
<b>DINNER - NOON OR EVENING MEAL</b> Meat/Meat Substitute Potato/Potato Substitute Vegetable and/or Salad  Bread - Margarine Dessert Beverage	Baked Chicken (3 oz) Brown Rice (1/2 cup) Spinach (1/2 cup), Lettuce & Tomato Salad (1 cup)/Salad Dressing (1 Tbsp) Slice Wheat Bread with Margarine (1 tsp) Angel Food Cake (1 slice), Strawberries (1/2 cup) Coffee or Tea
<b>SUPPER - EVENING OR NOON MEAL</b> Soup or Juice Meat/Meat Substitute Vegetable and/or Salad Bread - Margarine Dessert Beverage	Apple Juice (1/2 cup) Lean Roast Beef (3 oz) Cooked Carrots, Three Bean Salad (1/2 cup each) Dinner Roll (1)/Margarine/Honey (1 tsp each) Raspberry Sorbet (1/2 cup) Coffee or Tea

## Nutrient Analysis

Calories	1711 Kcal	Riboflavin	1.9 mg
Protein	92 gm	Thiamin	1.3 mg
Carbohydrate	223 gm	Folate	384 mcg
Fat	54 gm	Vitamin B6	1.9 mg
Saturated Fat	15 gm	Vitamin B12	3.9 mcg
Monounsaturated Fat	19 gm	Calcium	1002 mg
Polyunsaturated Fat	16 gm	Phosphorus	1260 mg
Cholesterol	384 mg	Zinc	15 mg
Dietary Fiber	21 gm	Iron	15 mg
Vitamin A	2987 IU	Sodium	1756 mg
Vitamin C	195 mg	Potassium	3435 mg
Niacin Equivalents	17 mg		

Adapted from the Southwest Diet Manual 1999