



The Oregon Clinic - Gastroenterology

Lactose Intolerance Diet

Food Groups		
Group	Lactose-Free	Lactose-Containing
<i>Milk & milk products</i>	100% lactose-free milk, soy milk	milk: whole, skim, 1%, 2%; buttermilk; sweet acidophilus milk; lactose-reduced milk; evaporated milk; acidophilus milk; sweetened condensed milk; instant hot chocolate and cocoa mixes; cheese
<i>Vegetables</i>	fresh, frozen, and canned vegetables without added milk or milk products; tomato paste and purée; tomato and spaghetti sauces without cheese	creamed or breaded vegetables, packaged dried potato mixes, tomato and spaghetti sauce with cheese
<i>Fruits</i>	fresh, frozen, canned, and dried fruits	none
<i>Breads & grains</i>	water-based breads (Italian, French, Jewish rye), rice and popcorn cakes, graham crackers, rusks, Pareve-Jewish bakery products, cooked and dry cereals without added milk solids, pasta, rice, oats, barley, cornmeal, bulgar, and other plain grains	the following made with milk or milk products, breads, rolls, biscuits, muffins, pancakes, sweet rolls, waffles, crackers, instant and dry cereals with added milk products, some packaged grain mixes, packaged macaroni mixes

<i>Meat and meat substitutes</i>	plain beef; lamb; veal; pork; wild game; poultry; fish; shellfish; eggs; kosher prepared meat products; peanut butter; peas, beans, or lentils (dried, canned or frozen); all nuts and seeds; tofu	eggs, fish, meat, or poultry (breaded or creamed); luncheon meats; sausage; frankfurters; some brands of egg substitutes and powdered eggs
<i>Fats & oils</i>	bacon, butter, margarine without milk derivatives (whey), salad dressing without cheese or milk, vegetable oils, olives, most non-dairy creamers, mayonnaise, gravy made without milk or milk products	cream, half & half, sour cream, cream cheese, chip dips, some types of margarine, salad dressing with cheese or milk, whipped toppings
<i>Sweets & desserts</i>	angel food cake, gelatin, fruit ice, fruit popsicles, fruit roll ups, hard candy, gum drops, jelly beans, licorice, fruit pie fillings	ice cream, ice milk, some brands of sherbet, soufflé, mousse, pudding, custard, packaged dessert mixes, milk chocolate, toffee, caramel, butterscotch
<i>Beverages</i>	Postum, lactose-free nutritional supplements (Sustacal, Ensure, Nutren), vegetable juice, fruit juices and drinks, tea, carbonated beverages, beer, wine, distilled spirits (gin, rum, etc.), cocoa powder, most coffee	instant iced tea, instant coffee, Ovaltine, chocolate drink mixes, cordials, liqueurs, milk-based nutritional supplements (Carnation Instant Breakfast)
<i>Soups</i>	bouillon, broth, meat, or vegetable stock soups; bisques and chowders made with water, soy milk, or 100% lactose-free milk	cream soup, canned and dehydrated soup mixes containing milk products
<i>Miscellaneous</i>	popcorn, plain pretzels, plain potato and corn tortilla chips, salsa, mustard, ketchup,	cream or cheese sauces, ranch-style or cheese-flavored snack

	pickles, uncreamed horseradish, relish, sauces made without milk or milk products, sugar, honey, jams and jellies, maple and corn syrup, molasses, herbs, spices, salt, pepper	pretzels or chips, cheese curls, sugar substitutes with lactose added, medications and vitamin/mineral supplements with lactose added
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Sample Menu-Lactose Free		
<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
<ul style="list-style-type: none"> orange juice, calcium fortified 1/2 cup oatmeal 1 cup Italian bread 2 slices jelly 2 tsp margarine 2 tsp coffee 1 cup sugar 1 tsp nondairy creamer 	<ul style="list-style-type: none"> turkey 2 oz Italian bread 2 slices mayonnaise 1/2 Tbsp tossed green salad 1 cup oil & vinegar 2 tsp tomato 2 slices carrot 1 celery 1 stalk banana 1 lactose-free milk 1 cup 	<ul style="list-style-type: none"> roast beef 4 oz noodles 1/2 cup broccoli 1 cup Italian bread 1 slice margarine 2 tsp pear 1 tea 1 cup lemon 1 slice sugar 1 tsp

This Sample Diet Provides the Following			
<i>Calories</i>	1800	<i>Fat</i>	48 gm
<i>Protein</i>	93 gm	<i>Sodium</i>	1700 mg
<i>Carbohydrates</i>	261 gm	<i>Potassium</i>	3533 mg

This material does not cover all information and is not intended as a substitute for professional care. Please consult with your physician on any matters regarding your health.

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