

## Food Choices For Reducing Lactose in Your Diet

Food Group	Best Choices	Foods to Limit/Avoid* * depending on your ability to tolerate lactose
<b>Milk and Milk Products</b> (2-3 servings each day)	All beverages with allowed ingredients, soy milks, other lactose-free supplements; lactase-hydrolyzed milk; cereal milks such as rice milk; infant formula with hydrolyzed casein	Milk and milk products from all animal sources including fluid milk, evaporated milk, condensed milk, powdered milk, buttermilk, cream, yogurt (depending on tolerance), chocolate milk, other milk beverages, cream-based liqueur
<b>Breads and Cereals</b> (5-12 servings each day)	Whole grain or enriched breads and cereals made without milk, rice, barley, noodles and pasta	Depending on tolerance, some breads and cereals prepared with milk or milk products may need to be avoided, such as waffles, crepes, and pancakes; pasta or noodle mixes prepared with lactose-containing ingredients; some processed breakfast cereals
<b>Meat, Fish, Poultry and Alternates</b> (2-3 servings each day)	All meats, poultry, fish (except those indicated under the may not be tolerated section), eggs, nuts, seeds, peanut butter, nut butters, tahini, legumes (dried beans, peas and lentils), tofu, Kosher luncheon meats	Commercially made meats (e.g. croquette, hamburger patties, processed meats); creamed, breaded/battered meat, fish or poultry dishes; cottage, processed, cream and ricotta cheese; hard and aged cheeses (depends on tolerance), cheese sauces, commercial products with cheese or cheese flavours, commercial egg substitutes
<b>Fruits and Vegetables</b> (5-10 servings each day)	All fruits and vegetables and their juices	Vegetables prepared with milk or milk products, including creamed vegetables, fruit in pudding or custard, breaded or battered vegetables or fruits
<b>Desserts and Sweets</b>	Desserts and baked goods made without milk or milk products, flavoured gelatin desserts, water ices made with allowed foods, sugar, corn syrup, pure maple syrup, honey, jellies, jams, marmalades, pure sugar candies, marshmallows	Any dessert or sweet prepared with milk or milk products (e.g. sherbet, ice cream, ice milk, custard, pudding, commercial desserts, and mixes), chocolate, caramels, any candies made with lactose-containing ingredients

**This information is not meant to replace the medical counsel of your Doctor or individual consultation with a Registered Dietitian.**



<p><b>Other Foods</b></p>	<p>Clarified butter, milk-free margarine, lard, all oils, shortening, salad dressings/gravies made with foods allowed, pure mayonnaise (not containing milk products), herbs, spices, condiments, cocoa powder, powdered non-dairy cream substitutes, chewing gum</p>	<p>Any prepared food with lactose-containing ingredients, including salad dressings with cheese or milk products, commercial gravy/gravy mixes, butter or margarines with milk or whey powder, party dips, cheese flavoured snack foods, sugar substitutes made with lactose (e.g. Equal®), artificial whipped toppings, powdered meal replacement supplements</p>
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### Reading Food Labels for Lactose

Food labels should be read carefully to find sources of lactose. Check the ingredient list for these words: milk, milk solids, whey, lactose, curds, cheese flavours, nonfat milk powder, nonfat milk solids, sweet or sour cream, buttermilk, and malted milk.

In Canada, **Lactose-free** means that there is no detectable lactose in the food using an acceptable method for measuring lactose. **Lactose-reduced** may be used to describe a product that has had the amount of lactose in the product reduced by at least 25 per cent.



### Notes

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