

Lactose-free diets are for patients who suffer from lactose intolerance. Lactose intolerance is caused by a deficiency of the lactase enzyme. The lactase enzyme is necessary to break down lactose, which is the sugar found in milk and milk products. Those who consume lactose when lactose intolerant suffer from symptoms such as stomach cramps, bloating, and diarrhea. When on a lactose-free diet it is important to read nutrition labels to be sure food products do not contain lactase. Food packages that say “lactose free” or “100% lactose free” and kosher food products that say “pareve” or “parve” are acceptable to eat because they do not contain milk products.

## Foods to Enjoy

**Dairy:** lactose free products such as Lactaid products, soy products, rice drink, soy yogurts, potato milk, and non-dairy creamers

**Proteins:** all types of fresh meat, fish and poultry, kosher prepared products, soy products, tofu, peanut butter and nuts

**Vegetables & Fruit:** any fresh and cooked vegetables or fruit

**Grains:** grain and bread products made without added lactose, Jewish rye bread, French bread, Italian bread, pumpernickel bread, graham crackers, Shredded Wheat, Cheerios, Mini-Wheats, Chex, Kix, rice, pasta, oatmeal, and Frosted Flakes

**Fats:** margarine, Smart Balance, vegetable oils, mayonnaise, and salad dressing made without cheese or milk

**Soups:** soups made with lactose free or soy, broth, clear or broth based vegetable soups, and meat stocks

**Desserts:** Non-dairy whipped topping, sorbet, gelatin, water/fruit ice, unsweetened and dark chocolate, Tofutti ice cream, Lactaid ice cream, jams, marmalades, honey, molasses, maple syrup, and hard candy

## Foods to Limit

**Dairy:** all dairy products made with milk, all cheese and cheese products, yogurt, and Cheese-flavored snack foods

**Proteins:** creamed or breaded meat, fish, poultry, some lunch meat, sausages, hot dogs, frozen fish sticks, omelets, soufflés, and scrambled eggs made with milk or cheese

**Vegetables & Fruits:** any prepared with milk, butter, cheese, and cream sauces

**Grains:** grain products made with added lactose, bakery products made with milk typically includes muffins, biscuits, pancakes, donuts, sweet rolls, waffles, cookies, certain bread crumbs, and cereals that contain lactose

**Fats:** butter, most margarines, some salad dressings and Crisco butter spray

**Soups:** all cream soups and chowders

**Desserts:** ice cream, sherbet, frozen yogurt, custard, pudding, frosting, pie crusts made with butter, cream pies, toffee, milk chocolate, caramel, butter scotch, cream mints, and some chewing gum

**All food items that include:** butter, butter fat, butter flavoring, caseinate, cheese, cream, sour cream, ghee, half & half, lactalbumin, lactoglobulin, milk chocolate, milk fat, milk solids, nougat, butter milk, butter solids, casein, curds, custard, dry milk products, lactose, lactulose, pudding, rennet, milk, and simplesse

## Sample Meals

### Breakfast

- Eggs cooked using vegetable or olive oil, wheat toast, and an orange
- Cereal with Lactaid or soy milk
- Soy yogurt mixed with fruit and lactose-free granola

### Lunch

- Turkey sandwich with lettuce, tomato, and cucumber on rye bread with condiments of choice
- Chicken salad with mixed vegetables, croutons and balsamic vinaigrette
- Hamburger on a bun with lettuce, tomato, and onion with French fries

### Dinner

- Baked or grilled chicken with a side of vegetables and roasted potatoes
- Sliced steak and pepper sandwich on Italian roll with broccoli
- Spaghetti served with zucchini, peppers, chicken topped with marinara sauce

## References

Montgomery R, Grand R, & Buller H. (2015). Lactose intolerance: clinical manifestations, diagnosis, and management. *UptoDate*. Retrieved from:  
<http://www.uptodate.com/contents/lactose-intolerance-clinical-manifestations-diagnosis-and-management>