



Lactose Intolerance Diet

This diet is for individuals unable to digest **lactose (milk sugar)** due to the lack of the intestinal enzyme **lactase**.

Traces of milk solids occur in a wide variety of foods. This diet restricts all milk products and combination foods containing lactose. Lactase deficient individuals vary widely in the ability to tolerate lactose, so the diet should be individualized, starting with lactose-free and advancing to small amounts of lactose if able.

Foods to Eliminate

You Must Read Labels! Avoid any packaged or prepared food containing any of the following ingredients:

Milk	Milk solids	Whey	Casein	Lactose	Sodium Caseinate
Calcium Caseinate	Lactylate	Calcium Diphosphate	Calcium Propriate	Tricalcium Phosphate	Delactosed Whey
<i>Also: Lactic Acid (unless the packaging specifies it is a non-dairy source)</i>					

Avoid all dairy products including:

Milk	Cream	Half & Half	Evaporated Milk	Condensed Milk	Dried Milk
Cheese	Yogurt	Cottage Cheese	Ice Cream	Sour Cream	Coffee Creamer

Avoid or read the ingredient label of any of the following types of prepared and packaged foods:

- Processed meats such as cold cuts, sausages, hot dogs – *they often have hidden dairy fillers not on the ingredient list, see the next page for safe options*
- Canned or boxed soups, sauces, gravies and pudding
- Pancakes, waffles, muffins or biscuits (*Many mixes contain dried milk and should not be used*)
- Commercial breads/rolls
- Boxed/packaged potato, pasta or grain mixes
- Any desserts prepared with milk or milk products, including ice cream and ice milk, sherbet, custard, pudding or any commercial mixes. Avoid caramels and candies made with milk, butter or cream.
- Anything with chocolate! Chocolate candy, chocolate cake and cookies, chocolate pie, Eskimo pie, chocolate milk and other chocolate flavorings, chocolate-coated nuts and fruits.
- Margarines and dressings that contain milk products: butter, cream, cream cheese, nut butters with milk solid fillers and sour cream.

Medications: Some drugs may contain lactose as a filler and other drugs may inhibit lactose absorption, so ask your pharmacist!

Recommended Foods

All foods that are not specifically listed on the elimination list may be eaten. You may eat:

Whole Foods – fresh meats vegetables and fruits. *Make these most of the food you eat for optimal health!*

Grains & Starches

steamed rice	barley, quinoa and other grains	beans and lentils
pastas <i>no alfredo or other creamy sauces</i>		homemade bread <i>made without milk or butter</i>

Beverages – Non-dairy “milks” may be used, *but read the label carefully.*

almond milk	rice milk	coconut milk
hemp milk	macadamia milk	pecan milk
Carbonated drinks, coffee and tea are also allowed		

Cereal

Most hot and cold cereals are dairy free, but always read the label to be sure	Instead of milk, try using one of the above non-dairy milks. Many people also enjoy peach or pear juice or apricot nectar on breakfast cereal.
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Frozen Desserts – Remember to read the label.

fruit ices	sorbets	fruit and juice bars	popsicles	frozen fruit juices
non-dairy ice creams made from cashew milk, coconut milk, almond milk and etc. <i>Keep a supply on hand for when everyone else is eating ice cream.</i>				

Candy and Sweets

Hard candy and suckers	jelly beans	peanut brittle	gum drops	licorice
other candies without chocolate or caramel		carob candy bars and carob powder may be used	dark chocolate bars that do not contain milk	

Packaged Meats

kosher franks and luncheon meats	Boar’s Head deli meats and hot dogs	Applegate Farms products
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Sauces and Condiments

Any dressing or condiment marked Paleo or Whole30 should be dairy-free, but read the label	Healthy mayo makes a tasty substitute for sour cream in dips.	Ghee from grass-fed cows may also be added back to your diet after the elimination period.
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Packaged Snacks - *Always read the label* - many snacks, like chips, use dairy ingredients to create fancy flavors.

organic sea salt potato chips	kale chips (many have a dairy-free “cheesy” flavor)	coconut milk yogurt	almond milk yogurt
organic corn tortilla chips	trail mix without chocolate	nut-based granola bars	dried fruit

Preservatives and Stabilizers – these preservatives or enrichment agents in packaged foods are dairy free

calcium carbonate	calcium aspartate	calcium orotate	calcium citrate
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