



Lactose Intolerance

What Is Lactose Intolerance?

Lactose intolerance is the inability to digest significant amounts of lactose, the sugar found in milk and other dairy products. Lactose intolerance is primarily a result of an insufficient amount of *lactase*, an enzyme that breaks down milk sugar into simpler forms that be absorbed into the bloodstream.

What Is Lactose-Controlled Diet?

The lactose-controlled diet is designed to prevent or reduce the symptoms that are associated with ingesting lactose-containing products. Symptoms include bloating, gas, cramping, and diarrhea.

Tips for Tolerance

Milk and dairy products are important foods that provide many necessary nutrients. Lactose-containing foods and beverages can be incorporated into your everyday menus with some prior planning. Here are a few strategies to help you tolerate lactose:

Consume dairy products *with meals*, because lactose is better tolerated when diluted with other foods.

Limit portion size of lactose-containing foods instead of taking big healings, moderation is the key for any balanced diet.

Choose low-lactose foods, such as aged cheese, as a calcium-rich milk alternative.

Ingest active culture foods such as yogurt. The bacterial cultures break down lactose in theses products.

Allow enough time between consumption of prepared foods that contain lactose, such as luncheon meats and creamed foods.

Try lactose enzyme tables and lactose-hydrolyzed fluid milk products to prevent symptoms. These products are available in most supermarkets and health-food stores. Look for lactose-reduced cottage cheese and processed cheese products.

Heated milk products (soups, custard, and pudding) may be better tolerated than cold milk products.

Substitute fruit juice or water in baked products that call for milk, but expect a different texture. Products that do not contain lactose, such as infant formulas or soybean milk, are other alternatives.

Kosher foods that contain the words, “pareve” or “parve” on the label are acceptable because they contain no milk products.

Label Reading

Check all ingredient labels. Manufacturers may change ingredients without warning. “Non-dairy” foods may still contain lactose and labels should be carefully checked. Some medications contain lactose as a binder; your pharmacist should be able to provide alternatives.

Words That May Indicate Lactose

Whey	Margarine
Lactose	Sweet or sour cream
Buttermilk	Milk solids
Malted milk	(includes nonfat milk solids)

Foods That May Contain Lactose

As you read labels, it becomes clear that home-prepared foods are the safest bet because you know what they contain. Following is a list of food categories and products that often contain lactose:

Breads	Frozen breaded fish and chicken
Candy/cookies	Prepared and processed foods
Cold cuts, hot dogs, bologna	Frostings
Commercial sauces and gravies	Sugar substitutes
Cream soups	Chocolate drink mixes
Dry cereals	Salad dressings containing milk or cheese

Lactose Content of Common Foods and Beverages

Product	Serving size	Lactose (g)
Whole milk	1 cup	11
Low-fat milk	1 cup	11
Nonfat milk	1 cup	11
Buttermilk	1 cup	10
Half-and-half	½ cup	5
Light cream	½ cup	4
Whipping cream	½ cup	3
Sour cream	½ cup	4
Butter	1 tsp	Trace
Oleomargarine	1 tsp	Trace
Ice cream	½ cup	6
Ice milk	½ cup	9
Sherbet, orange	½ cup	2
Yogurt, low-fat	1 cup	5
Cottage cheese, uncreamed	½ cup	2
Cottage cheese, creamed	½ cup	3
Swiss cheese	1 oz	1
American cheese	1 oz	2
Blue cheese	1 oz	1
Cheddar cheese, sharp	1 oz	0-1
Cream cheese	1 oz	1
Parmesan cheese, grated	1 oz	1
Evaporated milk (undiluted)	1 cup	24
Sweetened, condensed milk (undiluted)	1 cup	30

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