

Lactose-Controlled Food Lists

FOOD GROUP	RECOMMENDED FOODS	NOTES
Lactose-free beverages and nondairy group	<ul style="list-style-type: none"> • Lactose-free milk • Nondairy creamers* • Nondairy whipped topping* • Almond, rice or soy milk • Soy yogurt or soy cheese • Almond milk or cheese • Soy-based infant formulas • Soy-based sour cream 	<p>Foods marked with a star (*) may contain lactose.</p> <ul style="list-style-type: none"> • Read ingredient list and avoid products that list butter, cream, milk, milk solids or whey. • Also avoid products when the ingredient list states, "May contain milk."
Low-lactose dairy foods	<p>Some people with lactose intolerance can safely eat dairy foods that contain a little lactose (less than 1 gram lactose per serving). You may wish to try:</p> <ul style="list-style-type: none"> • 1–2 ounces aged cheese, such as Swiss, cheddar, or Parmesan • 2 Tbsp. cream cheese • 1/3 cup cottage cheese • 1/2 cup ricotta cheese 	<p>Give your child these foods one at a time, in small amounts, but stop if symptoms return or get worse.</p>
Meat, poultry, fish, dry beans, eggs and nuts	All, unless prepared with ingredients that contain lactose	<p>To know whether a food is made with ingredients that contain lactose:</p> <ul style="list-style-type: none"> • Check ingredient lists. Avoid foods made with butter, cream, milk, milk solids, or whey. • Also avoid products when the ingredient list states, "May contain milk."
Grains	All, unless prepared with ingredients that contain lactose	
Vegetables	All, unless prepared with ingredients that contain lactose	
Fruit	All, unless prepared with ingredients that contain lactose	
Fats and oils	<ul style="list-style-type: none"> • Vegetable oils • Oils from nuts or seeds 	

FOOD GROUP	RECOMMENDED FOODS
Desserts	<ul style="list-style-type: none"> • Fruit ices • Sorbet • Gelatin • Soy yogurt • Soy ice cream • Rice milk ice cream
Beverages	<ul style="list-style-type: none"> • Coffee • Tea • Vitamite nondairy beverage
Other	All spices and herbs

Note: Milk and dairy foods are primary sources of calcium, a mineral that is important to good health. When your child avoids milk and dairy foods, it is important that he or she gets calcium from other foods, such as the following:

- Sardines
- Canned salmon
- Tofu (calcium-fortified)
- Shellfish
- Turnip greens
- Collards
- Kale
- Dried beans
- Broccoli
- Calcium-fortified orange juice
- Calcium-fortified soy milk
- Blackstrap molasses
- Almonds

Make sure your child avoids all foods made with ingredients that contain lactose. To find out whether a food has lactose:

- Check ingredients. Avoid foods made with butter, cream, milk, milk solids, or whey.
- Also avoid products when ingredients list states, “May contain milk.”

FOOD GROUP	FOODS NOT RECOMMENDED
Milk and dairy foods	Avoid all milk and dairy foods except those listed on the Recommended Foods chart.
Meat, poultry, fish, dry beans, eggs, and nuts	Any prepared with ingredients that contain lactose.
Grains	Any prepared with ingredients that contain lactose.
Vegetables	Any prepared with ingredients that contain lactose.
Fruits	Any prepared with ingredients that contain lactose.
Fats and oils	Butter, margarine and cream cheese
Desserts and beverages	Any prepared with ingredients that contain lactose.

