

Lactose Intolerance Nutrition Therapy

Client Name _____ Date _____

Dietitian / Dietetic Technician _____

Phone _____ Email _____

What Is Lactose Intolerance?

Lactose is the sugar in milk and dairy foods. To digest lactose, people need to have a specific enzyme in the small intestine. This enzyme is called **lactase**. If your body does not produce enough lactase, you have **lactose intolerance**. Symptoms include diarrhea, bloating, stomach pain, and gas.

Lactose intolerance can be a permanent condition. Sometimes it is temporarily caused by disease, surgery, or infection.

Why Was Nutrition Therapy Prescribed?

Limiting or avoiding milk and dairy products will help ease symptoms. Taking lactase supplements before having milk and dairy products may also help.

Recommended Foods

Food Group	Recommended Foods	Notes
Lactose-free milk and nondairy foods	Lactose-free milk Nondairy creamers* Nondairy whipped topping* Almond, rice, or soy milk Soy yogurt or soy cheese Almond milk cheese Soy-based sour cream	Foods marked with a star (*) may contain lactose. <ul style="list-style-type: none">• Read ingredients lists and avoid products that list butter, cream, milk, milk solids, or whey.• Also avoid products when the ingredients list states, "May contain milk."
Low-lactose dairy foods	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: <ul style="list-style-type: none">• 1-2 ounces aged cheese, such as swiss, cheddar, or parmesan• 2 tablespoons cream cheese• 1/3 cup cottage cheese• 1/2 cup ricotta cheese	<ul style="list-style-type: none">• Try these foods one at a time, in small amounts.• Stop eating them if symptoms return or get worse.

Recommended Foods (continued)

Food Group	Recommended Foods	Notes
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 ingredients lists. Avoid foods made with butter, cream, milk, milk solids, or whey. • Also avoid products when the ingredients 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	Vegetable oils Oils from nuts or seeds	
Desserts	Fruit ices Sorbet Gelatin Soy yogurt Soy ice cream Rice milk ice cream	
Beverages	Coffee Tea Vitamite nondairy beverage	
Other	All spices and herbs	

Note: Milk and dairy foods are a primary source of calcium, a mineral that is important to good health. When you avoid milk and dairy foods, you need to get 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

Foods Not Recommended

Avoid 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 the 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 Cream cheese
Desserts and beverages	Any prepared with ingredients that contain lactose

Sample 1-Day Menu

Breakfast	1 cup oatmeal with slivered almonds, dried apricots, and brown sugar ½ cup lactose-free milk ¾ cup calcium-fortified orange juice
Snack	4 ounces soy yogurt Small banana
Lunch	Tossed salad with mixed vegetables 2 tablespoons vinegar and oil salad dressing 3 ounces salmon 1 whole grain roll with a thin spread of hummus 1 pear
Snack	1 cup trail mix with toasted oats cereal, nuts, and raisins
Evening meal	2 chicken fajitas with onions and peppers, sliced chicken breast, and salsa in a flour or corn tortilla ½ cup rice mixed with ½ cup pinto beans
Snack	1 slice whole grain bread 1 tablespoon peanut butter 1 cup soy milk