

# Starting a No-Lactose & Low-Fructose Diet

## Lactose:

### Eliminate all dairy products, including:

- Milk (OK to have lactose-free milk)
- Cream
- Cheese
- Yogurt
- Ice cream
- Pudding
- Yogurt
- Cream sauces
- Instant hot chocolate/cocoa

## Fructose:

- Limit fruits to 1 serving per day of selected fruits.
  - May have 1 small banana or ½ cup of blueberries, cherries, orange slices, pineapple, or strawberries with each meal
- Avoid:
  - Any food with fructose on the label
  - Ketchup, tomato paste, and tomato sauce
  - Sweet corn
  - Honey
  - Agave syrup
  - Invert sugar
  - Maple-flavored sugar
  - Molasses
  - Palm or coconut sugar
  - Sorghum

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If symptoms **do not improve** on the diet after 2 weeks, you can go back to your usual foods.

Few patients need to be on **BOTH** a no-lactose & low-fructose diet. If symptoms **do improve** on the diet after 2 weeks, it is likely that some foods may be added back.

**Step 1:** Eat foods with **fructose** again. See if symptoms come back.

- If they come back, go back to the no-lactose & low-fructose diet

**Step 2:** After 2 weeks of no-lactose & full-fructose diet, if you feel fine, eat foods with **lactose** again. See if symptoms come back.

- If they do, go back to the no-lactose diet.

Once we see if lactose or fructose causes the problem, we will give you more specific help with the diet. We will also refer you to a dietician (nutrition specialist).