

# Lactose Intolerance

Lactose is the sugar found in milk and milk products. Some people (mainly adults) cannot digest it because they do not have enough lactase (an enzyme that breaks down lactose).

## Symptoms:

- Undigested lactose can cause bloating, gas, diarrhea and pain.
- Lactose intolerance varies from person to person - some can eat small amounts of dairy products without problems.

## Treatment:

- Cut down or cut out lactose-containing foods.
- Use lactose-free milk.
- Take an enzyme pill such as Lactaid® before eating or drinking foods with lactose.
- Choose smaller amounts of dairy products. You may be able to handle small amounts of lactose at mealtimes when other foods slow down the digestion.
- Please see the table on the back of this handout to help you know which foods have

A low lactose diet is less than 10 grams lactose per day.

A lactose free diet is 0 grams of lactose per day. Avoid all sources of lactose.

- Milk products are a good source of calcium and vitamin D that promote healthy bones and growth. If you cannot drink milk or eat dairy products, you may need to take calcium and vitamin D daily.
  - ◇ Other good sources of calcium are: broccoli, calcium-fortified products, canned salmon with bones, fortified soy milk, pinto beans, spinach and tofu.

## Remember:

- Foods made with milk products such as cream soup or alfredo sauce contain lactose.
- Some baked goods, mixes, protein powders, processed meats or salad dressings may have lactose.
- Some medicines have lactose. Your pharmacist can help choose one that is lactose-free.

## These ingredients may let you know a food contains lactose:

Butter, caseinates, cheese, cream, curds, dry milk solids, lactose, milk, milk byproducts, milk solids, milk sugar, nonfat dry milk powder, skim milk solids, whey, yogurt or malted milk.

# Lactose Intolerance

Food	Serving Size	Lactose content (grams)
Butter, margarine	1 tsp	trace
<b>Milk</b>		
Whole, 2%, 1%, nonfat, chocolate or acidophilus	1 cup	11 grams
Lactose free	1 cup	0 grams
Sweetened condensed milk	½ cup	15 grams
Nonfat dry milk powder	1 cup	62 grams
<b>Cheese</b>		
American	1 oz	1 gram
Cheddar	1 oz	0 grams
Mozzarella, part skim	1 oz	1 gram
Parmesan	1 oz	1 gram
Swiss	1 oz	1 gram
Cottage cheese	½ cup	3 grams
<b>Cream</b>		
Cream, light	½ cup	4 grams
Cream, whipping	½ cup	3 grams
Half and half	½ cup	5 grams
Evaporated milk	½ cup	12 grams
Cream cheese	1 oz	1 gram
Sour cream	¼ cup	2 grams
Infant formula	½ cup	6 grams
Hot chocolate mix	1 cup	12 grams
Ice cream	½ cup	3-6 grams
Sherbet	½ cup	4 grams
Frozen yogurt	½ cup	4.5 grams
Pudding and custard	½ cup	6 grams
Macaroni and cheese	½ cup	2 grams
Yogurt (cultures help digest lactose)	¾ cup	6-8 grams
Kefir (cultures help digest lactose)	¾ cup	6-8 grams
Coffee latte, made with milk	¾ cup	7 grams
Chocolate bar (Kit Kat®)	1	3 grams

Adapted from [www.healthsystem.virginia.edu/internet/digestive-health/nutrition.cfm](http://www.healthsystem.virginia.edu/internet/digestive-health/nutrition.cfm)