

Lactose Intolerance

What is lactose intolerance?

Lactose intolerance is when you can not digest the milk sugar, lactose. Lactose is found in foods and drink containing dairy products.

Some people are lactose-intolerant due to a deficiency of the enzyme “lactase” in their digestive tract. Normally, lactase breaks down the carbohydrate, lactose so it may be used by your body for energy. If lactose cannot be digested, it can cause cramping, gas, and diarrhea. People will differ in the severity of these symptoms based on the amount of lactase they can produce. The less lactase produced the greater degree of discomfort experienced.

Definitions

Lactose: A sugar found mostly in milk and milk products.

Enzyme: a substance that helps in the digestive process

Lactase: an Enzyme that breaks down lactose in the body

Lactose-Free Diet: a diet that completely eliminates all sources of lactose

Lactose free

Be sure to check all food labels as all commercially prepared foods are prepared differently.

Type of Food	Foods Allowed	Foods to Avoid
Soups	Broth, broth based soups, bouillon, miso	Cream soup, milk-based soup and chowder, dried soup mixes
Meat and Meat Substitutes	All meat, poultry, fish prepared without milk or milk products such as beef, fish, poultry, lamb, pork, ham, veal, kosher frankfurters; natural peanut butter, tofu, dried peas and beans	Meat, poultry, fish prepared with milk or milk products such as cold cuts, frankfurters, sausages, peanut butter with milk solids added
Egg and Egg Substitutes	Eggs, egg substitute	Eggs prepared with milk such as scrambled eggs, omelets, soufflés
Milk, Dairy Products and Substitutes	100% lactose reduced milk, soy milk, rice milk, coconut milk, lactose free commercial formulas and supplements	Whole milk, reduced fat, light, fat free milk, butter milk, flavored milk, imitation milk products, fat free dry milk, evaporated milk, condensed milk, cream, half and half, non-dairy creamers, sour cream, ice cream, ice milk, sherbet, yogurt, yogurt beverages, frozen yogurt
Cheeses	None	All cheeses, cheese products
Fruits	Fresh and dried fruit, frozen or canned fruit process without lactose, 100% fruit juice	Frozen or canned fruit processed with lactose, fried fruit, fruit served with butter, cream or chocolate sauce, chocolate covered fruits, fruit juice drinks
Vegetables	Fresh, frozen, canned, pickled, or fried vegetables prepared without lactose, 100% vegetable juices	Frozen, canned, pickled or fried vegetables prepared with lactose; creamed, buttered, breaded vegetables

Type of Food	Foods Allowed	Foods to Avoid
Bread and Cereal Products	Breads prepared without milk, milk solids, or whey such as French, Italian, pocket bread, matzoth, soda crackers, saltines. Cooked and dry cereals prepared without lactose or milk solids	Bread and cereal products with milk solids or lactose added, prepared mixes, crackers made with butter or margarine, French toast, pancakes and waffles made with milk, sweet rolls, doughnuts
Potato and Substitutes	Baked, boiled, white potato, sweet potato, white rice, brown rice, rice dishes and mixes such as rice pilaf, plain pasta, egg noodles	Instant potatoes, French fries, other potatoes prepared with milk or lactose (e.g. mashed potatoes, scalloped potatoes, au gratin potatoes); fried rice, filled pastas, pasta dishes and mixes such as macaroni and cheese, fettuccini Alfredo
Fats and Oils	Margarine prepared without milk or milk products, mayonnaise and salad dressings prepared without milk or milk products oils; shortening, lard; bacon; bacon fat, salt pork, nuts, coconut, olives, avocado; gravies and sauces made without milk or milk products	Butter or margarines containing milk or milk products, dressings containing milk or milk products, cream and non-dairy cream substitute; gravy made with milk or milk products
Desserts and Sweets	Fruit ice, popsicles, cakes, cookies, pies, pastries made without milk or milk solids, gelatin, fruit whips, honey, molasses, regular and dietetic syrups, jams, jellies, marmalades, fruit spreads sugar substitutes without lactose; hard candy jellies, marshmallow	Ice cream, ice milk, sherbet, sorbet, frozen yogurt, ice cream novelties, cakes, cookies, pies, pastries made without milk, milk solids, custard, pudding Sugar substitutes containing lactose, mints, caramel, toffee, butterscotch, chocolate, candy chewing gum
Beverages	Brewed coffee, instant coffee without milk, brewed tea, carbonated beverages, lemonade	Instant coffees with milk; instant tea, cocoa, carbonated beverages with lactose or artificial sweeteners, prepared alcoholic beverages, liqueurs
Condiments	Salt, pepper; pure spices and herbs, pure extracts; vinegars, catsup, mustard, relish, pure horseradish, salsa, pickles, cranberry sauce	Spices made with monosodium glutamate extenders

Source

L. Kathleen Mahan and Sylvia Escott-Stump. Krause's Food, Nutrition, & Diet Therapy by. The 10th Edition. Saunders Company

If you are a registered University of Illinois student and you have questions or concerns, or need to make an appointment, please call: **Dial-A-Nurse at 333-2700**

If you are concerned about any difference in your treatment plan and the information in this handout, you are advised to contact your health care provider.

Visit the McKinley Health Center Web site at: <http://www.mckinley.uiuc.edu>