

Low-Lactose Diet

Type of Food	Allowed Items	Excluded Items
Beverages**	Water, lactose-free carbonated beverages, fruit flavored drinks, fruit punches, lemonade, limeade, nondairy drinks, low-lactose milk, acidophilus milk, coffee, and tea*	Artificial fruit drinks containing lactose, all beverages and nutritional supplements made with milk and milk products with the exception of buttermilk, low-lactose milk, and yogurt
Bread	All	None
Cereals	Any cooked or dry cereal not containing lactose	Instant hot cereals, high-protein cereals, all cereals with added milk or lactose
Flour	All	None
Cheeses	Fermented cheeses (cheddar and any cheese aged with bacteria)	All others
Desserts	Fruit ices; gelatins; angel food cake; desserts made with nondairy products, buttermilk, or sour cream	Ice cream, puddings, and other desserts containing milk or milk products
Eggs	All except raw eggs and eggs prepared with milk or milk products	Creamed, scrambled, omelets, or other eggs prepared with milk; raw eggs
Fats	Margarine not containing milk solids, vegetable oils, mayonnaise, shortening	All others: cream, half-and-half, table and whipping cream, butter
Fruits Fruit Juices	All fresh, canned, or frozen fruit juices; fruits not processed with lactose	Any canned or frozen fruits and fruit juices processed with lactose
Meat Poultry Fish Legumes Nuts	Any except those specifically excluded	Creamed or breaded fish, poultry, meat; cold cuts, hot dogs, liver, sausage, or other processed meats containing milk or lactose; gravies made with milk

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Type of Food	Allowed Items	Excluded Items
Milk Milk Products	Fermented milk products such as acidophilus milk, buttermilk, yogurt, and sour cream; low-lactose products; "lactose-digesting" pills or caplets	All milk, milk products except those allowed
Potatoes Rice Pasta	White or sweet potatoes, macaroni, noodles, spaghetti or other pasta, rice	Any prepared with milk, such as commercially prepared creamed or scalloped potato products containing dried milk
Soups	Broth-based soups	Cream soups, chowders, commercially prepared soups that contain milk or milk products
Sweets	Honey, jams, preserves, syrups, molasses	Candy containing lactose, milk, or cocoa; butterscotch candies; caramels; chocolates (Read all labels carefully.)
Vegetables	All vegetables except those prepared with milk	Any prepared with milk, such as creamed, scalloped, or any processed vegetables containing lactose
Miscellaneous	Catsup, chili sauce, horseradish, olives, pickles, vinegar, gravies prepared without milk, mustard, all herbs and spices, peanut butter, unbuttered popcorn	Chocolate, cocoa, milk gravies, cream sauces, chewing gum, instant coffee, powdered soft drinks, artificial juices containing milk or lactose

***Your doctor may recommend decaffeinated coffee or tea.**

****Check with your doctor before drinking alcohol. Alcohol cannot be used safely with some medicines.**