

ADVANCED GASTROENTEROLOGY OF BERGEN COUNTY, P.A.

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Gastroenterology
Hepatology
Gastrointestinal Endoscopy

Guidelines for Managing Lactose Intolerance

You may need to reduce or eliminate from your diet the following foods that have lactose, as well as the foods that contain them:

Butter	Margarine
Buttermilk	Milk
Cheese	Milk chocolates
Cream	Milk solids
Chocolate milk	Sherbet
Dry powdered milk	Shortening
Evaporated milk	Sweetened condensed milk
Ice cream	Whey
Ice milk	Yogurt

- Lactate, lactic acid, lactalbumin, and casein do not contain lactose and are safe to use.
- Acidophilus milk may be tolerated by some individuals, but it is not lactose free.
- Most health food stores have many milk-free products (usually carried for vegetarians who avoid dairy products). These include soy cheeses, soy milk, soy- and rice-based frozen desserts, etc.
- Yogurts tend to be well tolerated since they may contain active cultures that provide an enzyme that digests lactose. Not all yogurts contain these cultures, so read the label for "active cultures" listed.
- Some people can tolerate aged cheese (aged over 90 days). Examples are cheddar, Swiss, and Parmesan.
- High-fat dairy products such as ice cream or milkshakes may be better tolerated because they are digested slowly.
- Some unlikely foods may contain lactose, for example, French fries (if preblanched in whey), hot dogs, sausages, pancakes, creamy salad dressings, creamed soups, instant cocoa mix, and gravies. Read package labels.
- Kosher products marked "pareve" (P) are lactose free. They can be labeled with a K. Kosher dairy products **do** contain lactose.
- Breads and crackers that are generally lactose free include Italian bread, French bread, hard rolls, and saltines.
- Many medications and vitamin supplements contain lactose. Check with your doctor or pharmacist.