

# LACTOSE FREE DIET

**INDICATIONS FOR USE:** For patients who are intolerant to lactose due to a lactase enzyme deficiency.

**DESCRIPTION:** A modification of the general diet eliminating all milk and milk products.

**ADEQUACY:** Does not meet Recommended Dietary Allowances for calcium and riboflavin.

CATEGORY	ALLOWANCE	FOODS ALLOWED	FOODS TO AVOID
Beverages	As desired	Coffee, tea, carbonated beverages, cereal beverages, soy milk beverages and substitutes	Milk in all forms including commercial powders or liquid drinks such as hot chocolate mix and malted milk
Breads	3 or more servings	Breads made without milk or milk products such as French bread, Vienna bread, raisin bread, English muffins, soda crackers, Ritz crackers and matzos	All bread products, muffins, biscuits, or pancakes containing milk or milk products
Cereals	1 serving	Cereals made without milk or milk products	Instant cream of wheat, any cereal processed with milk
Meats, fish, poultry and cheese	2 or more servings	Plain baked, broiled, roasted or stewed beef, fish, fowl, lamb, poultry, pork and veal	All creamed or breaded foods; cold cuts, wieners or other meats with milk or milk products added; all cheese and cheese foods
Eggs	1 or more servings	All if prepared without milk, butter or regular margarine	Omelets, scrambled eggs with milk or milk products; commercial egg mixtures
Potatoes or Substitutes	1 or more servings	White or sweet potatoes, hominy, macaroni, noodles, rice or spaghetti	Any prepared with milk, cheese or butter; commercial potato products
Soups	As desired	Broth-based soups made of foods allowed	Cream soups, commercial soups with milk or milk products
Vegetables	2 or more servings	All vegetables, raw or cooked, without milk or milk products	Any prepared with milk, cheese or butter
Fruits	As desired	Any fruit or fruit juice	None
Fats	As desired	Milk-free margarine, bacon, lard, mayonnaise, peanut butter, vegetable oils and shortening	Butter, margarine and salad dressings with added milk or milk products; spreads and dips containing cheese or sour cream; cream cheese and whipping cream
Desserts	As desired	Fruits, plain gelatin, cakes, cookies, pastries and fruit ices prepared without milk or milk products	Cream pies, puddings, custards, cakes and cookies made with milk or milk products; commercial desserts and mixes; ice cream and sherbet

## LACTOSE RESTRICTED DIET SAMPLE MENU

### Breakfast

1 serving citrus fruit juice  
1 egg  
1 serving cereal  
1 slice milk-free bread, toasted  
1 tsp. milk-free margarine  
Coffee or tea

### Lunch or Dinner

2 ozs. meat, fish or poultry  
1 serving or more vegetable  
1 serving potato or substitute  
1 slice milk-free bread  
1 tsp. milk-free margarine  
Fruit or dessert  
Beverage

### Dinner

3 ozs. meat, fish or poultry  
1 serving or more vegetable  
1 serving potato or substitute  
1 slice milk-free bread  
1 tsp. milk-free margarine  
Fruit or dessert  
Coffee or tea