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DIET RECOMMENDATIONS FOR LACTOSE INTOLERANCE:

The key to controlling symptoms in lactose intolerance is avoiding foods that contain high amounts of lactose, or using Lactaid (lactose enzyme supplementation) when you do eat foods that contain lactose.

How much enzyme you will need for controlling symptoms varies person-to-person and is based on the quantity that you eat and the amount of lactose it contains.

THE FOLLOWING FOODS OBVIOUSLY CONTAIN LACTOSE AS THEY ARE DAIRY PRODUCT:

- Whole Milk, Low fat milk and nonfat milk
- Half & Half, Cream, Evaporated, condensed or powdered milk
- Chocolate Milk, Ovaltine or Instant Breakfast drinks
- Cheese and cheese spreads
- Pizza
- Butter
- Margarine,
- Cream, sour cream or cream cheese
- Ice Cream
- Sherbet
- Chocolate
- Puddings made with milk

THE FOLLOWING FOODS CONTAIN HIDDEN LACTOSE:

- Bread and other baked goods.
- Processed breakfast cereals.
- Instant potatoes, soups and breakfast drinks.
- Margarine.
- Lunch meats (other than kosher).
- Salad dressings.
- Candies and other snacks.
- Mixes for pancakes, biscuits and cookies.
- Powdered meal-replacement supplements.

DAIRY PRODUCTS THAT ARE RELATIVELY LOW IN LACTOSE & PROVIDE NEEDED CALCIUM:

- Plain, low fat yogurt (1 cup: 415 mg calcium, 5 g lactose).
- Reduced fat milk (1 cup: 295 mg calcium, 11 g lactose).
- Swiss cheese (1 oz: 279 mg calcium, 1 g lactose).
- Ice cream (1/2 cup: 85 mg calcium, 6 g lactose).
- Cottage cheese (1/2 cup: 75 mg calcium, 2-3 g lactose).

LOOK FOR THE FOLLOWING 'HIDDEN INGREDIENTS' THAT HAVE LACTOSE IN THEM...READ THE LABELS!

- Milk
- Lactose
- Whey
- Milk by-products
- Chocolate candies
- Blackstrap Mollases
- Dry milk solids
- Many protein bars
- Non-fat dry milk powder

SUBSTITUTE FOODS HIGH IN CALCIUM AND WHICH DO NOT CONTAIN LACTOSE:

- Soymilk (1 cup: 200-300 mg calcium).
- Sardines, with edible bones (3 oz: 270 mg calcium).
- Salmon, canned with edible bones (3 oz: 205 mg calcium).
- Broccoli (1 cup: 90 mg calcium).
- Oranges (1 medium: 50 mg calcium).
- Pinto beans (1/2 cup: 40 mg calcium).
- Tuna, canned (3 oz: 10 mg calcium).
- Lettuce greens (1/2 cup: 10 mg calcium).