

Restricted Lactose Diet

Recommended **Foods to Include**
Daily

Foods to Omit

As desired	<p>MILK AND MILK PRODUCTS Nutramigen and soybean milk may be used as mild substitutes. Several non-dairy instant creamers may be used. READ LABELS! Coffee, instant iced tea if 100%tea, soybean milks, coca powder or Nestle's Quik, if mixed with water or soybean milk, buttermilk, if tolerated. Carbonated beverages, fruit drinks if lactose free.</p>	<p>All milk and milk products of any kind containing milk such as skim, evaporated, condensed; milk drinks. Yogurt, ice cream, sherbert, malted milk, chocolate milk, instant iced tea mixes, cream, half&half, fruit drinks that contain lactose, wines with sugar added, some cordials and liqueurs</p>
1 or more	<p>MEAT, FISH, POULTRY All plain, boiled, broiled, braised or fried meats such as veal, beef, lamb, pork, chicken, turkey, fish and game.</p>	<p>Creamed or breaded meat, fish or poultry. Brain, pancreas or liver.</p>
1 or more	eggs	none
2-4 servings	<p><u>BREAD, ROLLS, CEREAL AND STARCHES</u> Bread, rolls, biscuits, muffins, rice, spaghetti, noodles, macaroni, white and sweet potatoes, except as listed avoid waffles, pancakes. Water based bread and rolls (most Italian, French, Vienna or Jewish rye breads, RyCrisp, Ritz, Graham crackers. Almost any Jewish bakery product. Any kind of cereal, cooked or dry if no lactose is added. Infant cereals without mild solids or lactose added</p>	<p>Bread pudding, rice pudding, macaroni & cheese, creamed & scalloped potatoes, au gratin potatoes, instant potatoes. Bread and rolls to which milk or lactose is added. Biscuits, muffins, pancakes, waffles, hamburger or hotdog rolls unless made without milk. Instant cereals such as Special K and Cocoa Krispies.</p>

3 or more servings including 1 green or yellow & one potato	<u>VEGETABLES</u> All vegetables except those listed to be avoided, monosodium glutamate 100% pure.	Any creamed, scalloped or au gratin vegetables with margarine added or bread.
As desired	<u>SEASONINGS</u> Any except those listed to be avoided, monosodium glutamate 100% pure	Condiments with lactose added and some spice blends.
As desired	<u>SOUPS</u> Any soup free of mild or mild products. Bouillon, broth & meat stock soups, cream soups, bisques and chowders made with water or soy milk.	Cream soups, canned & dehydrated soup mixes if lactose is added, or a mild product is added.
1 or more tbsp.	<u>FATS, OILS & NUTS</u> Bacon, butter, milk-free margarine such as Shedd's spread, Diet Imperial, salad dressings without milk solids, vegetable oils and shortenings, olives, mayonnaise, non dairy creamers such as Coffeemate and Coffee Rich, whipped toppings without mild products added, any kind of nuts	Cream, most dairy coffee creamers, sour cream, dips, sauces & salad dressings containing mild or milk products, cream cheese.
2 servings including 1 citrus fruit or tomato	<u>FRUITS</u> All fresh, canned or frozen. Any plain fruit, dried fruit. Yogurt if tolerated.	
	<u>DESSERTS</u> Water & fruit ices, gelatin, angel food cake, pies, cookies and cakes. Any made without milk or milk products. Homemade cakes and cookies made from acceptable ingredients. Packaged mixes for cakes, puddings, etc. without lactose, whey or milk solids.	Custard or cream pies, cream puffs, custard, puddings, ice cream, most chocolate desserts, most souffles and mousses, strained infant desserts.
	<u>SWEETS AND CANDIES</u> Brown granulated & powdered sugar, corn syrup, honey, jams, jellies, hard candies, and any candy made without milk, lactose or margarine.	Toffee, peppermints, caramels, molasses, chocolate & cream candy, butterscotch & sugar substitutes with lactose added.

	<u>MISCELLANEOUS</u> Nuts, Nut butters, popcorn, olives, salt, pure sugar, sugar, candy, jelly or marmalade, corn syrup, mustard, pepper and other spices & herbs, pretzels, catsup, pickles, gravies & sauces made without milk or milk products.	Chewing gum, Korn Kurls & any product containing milk, lactose, whey, dry mild, cream sauces, mild gravy, ascorbic acid tablets, citrus acid mixture containing lactose.
	<u>BEVERAGES</u> Coffee, tea, carbonated beverages and fruit juices	Chocolate, cocoa, powdered soft drinks,

SUGGESTED MEAL PLAN

Breakfast

Fruit or Juice
Eggs
Bacon or Ham
Bread or toast
Butter, margarine or jelly
Instant non dairy creamer allowed
Coffee or tea

Lunch

Meat or substitute
Vegetable
Salad (Oil and Vinegar)
Fruit
Bread
Butter, margarine or jelly
Instant non dairy creamer allowed
Coffee or tea

Dinner

Meat or substitute
Vegetable
Potato or substitute
Salad
Dessert Allowed
Bread
Butter or margarine
Instant non dairy creamer allowed
Coffee or tea