

Restricted Lactose Diet

General Instructions

Lactose is a carbohydrate contained in milk and all milk products. This diet has been planned for those patients who cannot properly digest lactose. Since lactose is frequently used in many convenience foods, it is important for to read labels. Avoid foods that contain milk, milk solids, skim milk, non-fat dried milk, lactose, cream, butter, etc. Listed on this diet are commercial products that are known to be lactose free, but it does not include all commercial products that could be used. Again, be sure to read labels. It is wise to check the label for ingredients when purchasing any processed foods since ingredients change from time to time.

To plan well-balanced meals, choose from each of the food groups daily, and eat the recommended servings.

Foods Allowed

Milk

Milk treated with Lact-Aide may be used if tolerated and with your physician. Available in your pharmacy.

Beverages

Regular and instant coffee (Maxwell House, yuban, Maxim Freeze Dried, Brim, Sanka), tea, Postum, fruit juice, Tang, Twist Lemonade, Orangeade, Grapeade, other carbonated beverages, Kool Aide, and Start Instant Breakfast

Non-Dairy Creamers

Borden's Cremora, Carnation Coffeemate, Perx, Polyperx, and Rich's Coffee Rich

Soups

All homemade meat, vegetable soups and red chowder

Campbell's Condensed:

Bean with Bacon	Beef Broth
Beef noodle	Black Bean
Chicken Broth	Chicken Gumbo
Chicken Noodle-O's	Chicken with Rice
Chicken & Stars	Chicken Vegetable
Chili Beef	Manhattan Clam Chowder

Campbell's Consomme:

Hot Dog Bean	Noodles & Ground Beef
Scotch Broth	Spaghetti & Meatballs
Stockpot	Tomato Beef Noodle-O's
Turkey Noodle	Turkey Vegetable
Vegetable	Vegetable Beef
Old Fashioned Vegetable	Vegetarian Vegetable

Campbell's Special Ready to Serve:

Chunky Beef	Chunky Chicken Noodles
Chunky Chicken with Rice	Chunky Clam Chowder
Chunky Turkey	Chunky Chili Beef

Habitant:

Chicken Noodle	Chicken Rice
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Lipton's:

Beef Flavor Noodle with Vegetables	Chicken Noodle with Meat
Chicken Rice	Chicken Vegetable
Country Vegetable	Giggle Noodle
Green Pea	Noodle Soup
Ring O Noodle	Tomato Vegetable
Turkey Vegetable	Vegetable Beef

Swanson's Beef Broth, Chicken Broth

Sweet Life: Vegetable Beef

Protein

(at least 5 oz. per day)

All meats may be broiled, boiled, roasted, baked or fried (breaded with homemade Italian bread crumbs or flour).

Plain beef (such as steak, hamburger), Corned Beef, Lamb, Veal, Pork, Ham, Chicken, Turkey, Duck, Fish, Tuna, Salmon, Shellfish
Frankfurters: Armour, Roessleirs, Oscar Meyer, Nepco, Kosher All Beef Cocktail Frankfurters, Swift Premiums

Sausage: Swift Premium Brown 'n Serve

Peanut Butter: Jiffy, Peter Pan, Planters, Sweet Life

Boiled Ham

Eggs prepared any way except with milk

Lentils, soy beans, dried peas

Cottage cheese limited to a cup per day if tolerated

Ripened cheese may be allowed if tolerated: Camembert, Swiss, Provalone, American, Edam, Cheddar, Bleu, Brick, Colby, Meunster

Campbell's Barbeque Beans, Beans 'n Beef in Tomato Sauce, Homestyle Pork n' Beans, Pork and Beans in Tomato Sauce

Foods Not Allowed

Milk in all forms
Cocoa milk drinks, Cabinets, and milk shakes

Other coffees such as international coffees, and powdered soft drinks

Other non-dairy creamers

Cream soups
All other canned or packaged soups

Creamed or breaded meats, wieners, cold cuts that contain milk solids, (other canned meats or poultry).

Foods Allowed

Foods Not Allowed

Protein

(continued)

Franco American Macaroni 'n Beef in Tomato Sauce
Swanson:

Chili con Carne with Beans	Boned Chicken
Boned Turkey	Frozen Beef Enchilada Dinner
Frozen Chinese Style Dinner	Frozen German Style Dinner
Frozen Salisbury Steak	Frozen English Style Dinner

Underwood: Corned Beef Spread, Chicken Spread and Deviled ham

Breads/ Cereals/ Starches

Flour; Italian Bread; Kosher Bagels; Rositani: french and Italian bread; Arnold's: Golden Egg Muffins, Jewish Rye, and 7-Grain Health Loaf; Braun's Beefsteak Rye; Flako: Popover Mix; Grossinger's Rye; Jiffy: Blueberry Like Muffin Mix, Corn Muffin Mix, and Honey Date Muffin Mix; Pepperidge Farm: Cracked Wheat; Family Rye, and Sprouted Wheat; Pillsbury: Carmel Danish Rolls with Nuts, Crescent Rolls, Hot Roll Mix, Hungry Jack Butter Tastin' Hot Rolls, Italian Flavor Onion & Dinner Rolls. Cereals: all cooked cereals, Dry Cereals: General Foods Post Bran cereals except Fortified Oat Flakes; General Mills: all except Clackers; Kellogg's: all except Cocoa Krispies; and Nabisco Shredded Wheat. English Muffins-read label to see if milk has been added; General Foods Minute Rice- Drumstick and Rib Roast only Plain Rice, Spaghetti, Noodles, Barley, Potato (white and sweet): baked, boiled, mashed without milk, Shake 'n Bake Original Flavor; Shake 'n Bake for Pork, Zesta and Premium Saltine Crackers, Ritz Crackers, Uneeda Biscuits, Waverly Wafers, Wheat Thins, Sociables, Keebler Soda Crackers

All fresh or canned fruits and vegetables
General Foods: "plain" Bird's Eye Frozen vegetables
Green Giant: "plain" frozen vegetables
Include a dark green or a deep yellow vegetable every other day for a good source of Vitamin A

Fruits and Vegetables

(at least 2 servings of each per day)

Fats

Margarine without milk added: Diet Bluebonnet, Diet Fleishmann's, Diet Imperial, Diet Mazzola, Mazzola Sweet Unsalted Margarine, Lard, All Vegetables Oils, Olive Oils, Bacon. Gravy: Homemade without milk or butter; Franco American: Chicken Giblet Gravy, Brown Gravy with Onion, Mushroom Gravy. Open pit barbecue sauces (Original, Hickory Smoke and Mild Garlic). Cain's and Hellman's Mayonnaise, Relish Sandwich Spread. Salad Dressings: General Foods' Good Seasons' Dressing, Mixes (Creamy French, Garlic, Italian, Low Calorie Italian, Old Fashioned French Onion); Thick 'n Creamy Salad Dressing Mixes (Coleslaw, French, thousand Island); Ken's Steak House French, Italian, Thousand Island; Kraft's French, Mayonnaise, Miracle French, Miracle Whip, oil & Vinegar; Pfeffer's Chef Italian, Coleslaw Red Wine Vinegar and Oil, Thousand Island; Seven Seas Creamy Italian, French, Italian, Wishbone's Deluxe French, Italian Rose, Russian Low Calorie, Thousand Island

Desserts

Water Ice; Comstock pie fillings: Apple, Cherry, Pineapple, Pumpkin, Squash; Duncan Hines Angel Food Cake Mix; Baker's: Chocolate (unsweetened, semi-sweet, German sweet), Chocolate Chips, semi-sweet, not glazed; Redi-blend chocolate products for baking Cocoa, Coconut, all varieties; Certo Fruit Pectin; D'Zerta: Gelatin Desserts, Lemon Chiffon Pie Filling, Pudding and Pie filling, except milk chocolate flavor, Tapioca Pudding, Minute Tapioca Pudding. Sure-Jell Fruit Pectin and Swans Down Angel Food Cake Mix; General Mills: All Angel Food cake mixes, all chiffon cake mixes, all fluffy frosting mixes, chocolate chip fudge brownie mix, ready to serve lemon pudding, walnut brownie mix; Hershey's Semi-Sweet Mini Chips; Hostess Fruit Pies – All Flavors; Jiffy Pie Crust Mix; Lucky Leaf Pie Fillings: Apple, Blueberry, cherry, lemon, peach, pineapple, strawberry; My-t-Fine pudding and pie fillings, except milk chocolate and pistachio; Nestle's: pre-melted unsweetened chocolate, baking chocolate flavor; Semi-sweet chocolate chips; Pillsbury turnovers: Apple and Blueberry; Royal: Gelatin desserts, pudding and pie filling (except milk chocolate and pistachio)

Instant Cream of Wheat,
Post Fortified Oat Flakes
Clackers
Bread made with milk
Zwieback
French Toast
Pancakes
Waffles
Sweet Rolls
Muffins
Other crackers
Seasoned Rice
Instant Potatoes
Commercial French Fries
English Muffins made with milk

Fruits containing Lactose
Creamed vegetables, vegetables seasoned with margarine or butter, breaded vegetables, other frozen vegetables that may contain lactose products

Cream sauces, butter, cream, gravy made with milk, other margarines, sour cream, cream cheese

Other pies, cakes, pudding, cookies made with milk products
Ice Cream
Ice milk
Sherbert
Caramel, chocolate, candy, butterscotch toffee, peppermints, cordials and liqueurs, monosodium glutamate extender, party dips, spice blends, dietetic chewing gum, molasses, tableted candy, any commercial candy containing lactose, milk or molasses

Note: Include foods high in calcium frequently in your diet. Foods high in calcium are: salmon, shrimp, dried figs, broccoli, collards, dandelion green, kale, mustard greens, turnip greens, sardines, sweet potato, acorn or butternut squash

Sample Menu

Breakfast

6 oz Orange juice, oatmeal, poached egg, 1 slice Italian toast, 1 teaspoon diet margarine, Jelly, 4 oz Polyperx, coffee, sugar

Lunch

Beef patty, rice, peas and carrots, homemade gravy, tossed salad, oil & Vinegar, 1 slice Italian bread, 1 tsp. Diet margarine, fresh pear, tea

Supper

Broiled Chicken Leg, whipped potato (no milk), broccoli with lemon sauce, lettuce and tomato salad, French dressing, 1 slice Italian bread, 1 tsp diet margarine, Angel Cake, tea, Polyperx, sugar