

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

Lactose Intolerance

Label Reading and Cooking Tips

Label Reading Tips

If you see any of the following ingredients on the label, the food may contain lactose:

- Butter
- Buttermilk
- Cheese
- Cream
- Chocolate milk
- Powdered milk
- Evaporated milk
- Goat's milk
- Ice cream
- Ice milk
- Low-fat milk
- Margarine
- Milk
- Milk chocolate
- Milk solids
- Nonfat or skim milk
- Sherbet
- Sweetened condensed milk
- Whey
- Yogurt

To avoid lactose, check food labels for all packaged foods. For example, you may find some of the ingredients listed above in the following items:

- Lunchmeats
- Hotdogs
- Baked goods
- Instant potatoes
- Instant soups
- Beverage mixes
- Margarine
- Salad dressings
- Candies
- Pancake and cake mixes

The following ingredients come from milk but do not contain lactose:

- Casein
- Lactalbumin
- Lactate
- Lactic acid



Cooking Tips

To replace dairy products in recipes, try the substitutes shown in the chart.

Lactose-Containing Food	Substitute
1 cup whole milk	½ cup soy or rice milk and ½ cup water <u>or</u> ½ cup liquid nondairy cream and ½ cup water
1 cup skim milk	½ cup nondairy cream and ¾ cup water <u>or</u> 1 cup lactase-treated milk
½ cup cottage cheese	½ cup soft tofu
1 cup yogurt	1 cup soy yogurt
1 ounce cheese	1 ounce soy cheese
1 Tablespoon cream cheese	1 tablespoon mayonnaise

Nondairy Calcium Choices

Milk and dairy foods are a primary source of calcium, a mineral that is important to good health. When you avoid milk and dairy foods, you need to get calcium from other foods. Here are some choices:

- Sardines
- Canned salmon
- Tofu (calcium-fortified)
- Shellfish
- Turnip greens
- Collards
- Kale
- Dried beans
- Broccoli
- Calcium-fortified orange juice
- Calcium-fortified soy milk
- Blackstrap molasses
- Almonds

Notes: