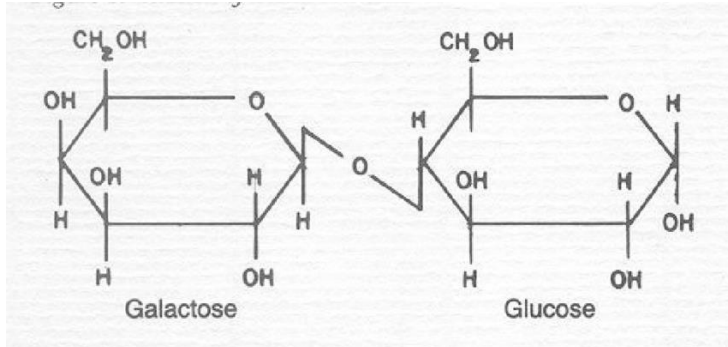


Lactose-Controlled Nutrition Therapy

Lactose is the type of sugar in milk and dairy foods. To digest lactose, people need to have a specific enzyme in the small intestine. This enzyme is called lactase. If your child has trouble digesting lactose, he or she may have diarrhea, bloating, stomach pain, and gas symptoms. Limiting or avoiding milk and dairy products can help ease these symptoms. Taking lactase supplements before having milk and dairy products may also help.



Food Group	Recommended Foods	Notes
Lactose-free beverages and nondairy foods	Lactose-free milk (Lactaid)* Nondairy creamers* Nondairy whipped topping* Almond, Soy, Oat, Nut, pea protein (Ripple) milks Non-dairy/Plant-based yogurts, frozen desserts, sour cream, etc.	Foods marked with a star (*) may contain some lactose. <ul style="list-style-type: none"> Read Nutrition Facts. Avoid dairy foods if they also show “sugars” listed in the carbohydrates (Lactose is sugar naturally found in milk). Ice cream has lactose and added sugars so avoid any milk-based frozen desserts.
Low-lactose dairy foods	Some people with lactose intolerance can safely eat dairy foods that contain a little lactose (less than 1 gram lactose per serving). You may wish to try: <ul style="list-style-type: none"> 1-2 ounces aged cheese, such as Swiss, cheddar, or parmesan 2 tablespoons cream cheese ½ cup cottage cheese ½ cup ricotta cheese Greek yogurt w/live active cultures 	<ul style="list-style-type: none"> Give your child these foods one at a time, in small amounts, but stop if symptoms return or get worse. Sometimes giving Lactaid pill prior to eating these foods will prevent symptoms of intolerance.
Meat, poultry, fish, dry beans, eggs, and nuts	All, unless prepared with ingredients that contain lactose (very rare)	To know whether a food is made with ingredients that contain lactose:

Grains	All, unless prepared with ingredients that contain lactose	<ul style="list-style-type: none"> • Check ingredients lists. If a food has milk ingredient and “sugar” in the carbohydrate, it may have lactose. • Fruit juice can contribute to diarrhea (not related to lactose-intolerance)
Vegetables	All, unless prepared with ingredients that contain lactose	
Fruit	All, unless prepared with ingredients that contain lactose Fruit juice (limit d/t high sugar)	
Food Group	Recommended Foods	Notes
Fats and oils	Vegetable oils Oils from nuts or seeds	This is not a milk allergy, so butter or margarine should not cause any discomfort.
Desserts	Fruit ices Sorbet Gelatin Non-dairy/Plant-based frozen treats (e.g. So-Delicious, Ripple)	<ul style="list-style-type: none"> • Ice cream has lactose and added sugars so avoid any milk-based frozen desserts.
Beverages	Water Coffee Tea Encouraged zero sugar drinks Non-dairy fruit smoothies (limit d/t high sugar) Sport Drinks (limit d/t high sugar) Sodas/Punch (limit d/t high sugar)	
Other	All spices and herbs	

Note: Milk and dairy foods are a primary source of calcium, a mineral that is important to good health. When your child avoids milk and dairy foods, it is important that he or she gets calcium from other foods, such as the following:

- Calcium-fortified plant-based milk
- Calcium-fortified orange juice
- Sardines & Canned salmon
- Tofu (calcium-fortified)
- Turnip greens, Collards & Kale
- Dried beans
- Broccoli
- Blackstrap molasses
- Almonds

Recommend Calcium supplement 500 mg per day.

Adapted from the Academy of Nutrition and Dietetics, Sept 2017