



Lactose Controlled Diet

Patient and Family Education

This teaching sheet contains general information only. Your child's doctor or a member of your child's health care team will talk with you about specific care for your child.

What is lactose?

Lactose is the name of the sugar that is found in milk and milk products.

Why does my child need to control lactose in his diet?

Your child's body does not have enough of the enzyme that breaks down lactose. The build-up of lactose in his body can cause bloating, gas, stomach cramps, and diarrhea. Lactose intolerance is not an allergy.

When reading food labels what should I look for?

You should look for the following items:

- Milk
- Dried milk
- Malted milk
- Cream
- Cheese
- Evaporated milk
- Condensed milk
- Lactose

You may find items such as lactic acid, lactate, lactylates and lard. Even though they sound similar to lactose, they do not contain lactose and are okay to eat.

Are there any foods that contain lactose that my child can eat?

Your child may be able to eat the following foods, but try them in a small amount at first:

- Aged cheese
- Beta lactalbumin
- Buttermilk
- Cocoas
- Margarine
- Milk solids
- Whey
- Alpha lactalbumin
- Butter
- Casein/caseinates
- Hydrolyzed casein
- Milk chocolate
- Soft cheeses
- Yogurt

Can my child eat any milk products due to his lactose intolerance?

Your child may be able to have a small serving of milk or milk products with his meal rather than by itself.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Lactose Controlled Diet, continued

What can I give my child other than regular milk?

You can try the following:

- Use Lactaid milk. It comes in 70% and 100% lactose free. This is regular milk with the digestive enzyme lactase added.
- Add Lactase drops to regular milk. Follow the instructions on the box and you can reduce the lactose by about 75%.
- Give your child Lactase tablets at the beginning of his meal. This can improve his lactose tolerance in milk or food.
- Soy milk

Where can I buy Lactaid milk and Lactase drops?

Most grocery stores carry Lactaid milk as well as Lactase drops and tablets. You can also find the drops and tablets at drug stores.

Will my child get enough calcium if milk products are taken out of his diet?

Your child needs calcium to build strong bones. If he is not using Lactaid milk or Lactase drops, try to include other sources of calcium in his diet. Other sources of calcium you might try include:

- 300 mg calcium
 - 4 ounces canned salmon
 - 1 cup calcium-fortified orange juice
 - ¼ cup almonds
 - 1 cup yogurt
- 150 mg calcium
 - 2 ounces canned sardines
 - ½ cup turnip greens, kale, or collards
 - ½ cup tofu
 - 1-½ cups dried beans
- 100 mg calcium
 - ⅔ cup broccoli
 - ½ cup okra
 - 5 ounces shrimp
 - 2 cups cabbage

If your child does not eat any of these foods regularly, ask your child's doctor or dietician about a calcium supplement.

How much calcium does my child need?

- Birth to 1 year old 600mg daily
- 1 to 3 years old 500mg daily
- 4 to 8 years old 800mg daily
- 9 to 18 years old 1300mg daily

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Lactose Controlled Diet, continued

Who should I call if I have questions about a lactose controlled diet?

Call your child's nutritionist or your child's doctor.

Food Guide for a Lactose Controlled Diet

FOOD GROUPS	FOODS ALLOWED	FOODS TO AVOID
Milk and Milk Products	Milk treated with lactase enzyme (Lactaid 70 or 100), Lactobacillus milk, Lactolene, soy milk, milk-free cream substitutes, yogurt (with active culture or live and active culture on the label), kefir, lactose free supplements	Breast milk (unless tolerated), milks such as whole, 2%, skim, chocolate, dried, condensed, evaporated, sweet acidophilus, imitation milk, buttermilk, ice cream, ice milk, imitation dietetic ice cream products, malted shakes, cream, yogurt without live active culture
Meat and Alternatives	Plain meats, fish, poultry, shellfish, organ meats, eggs or egg substitutes prepared without milk, nuts, peanut butter, legumes, most aged cheese such as swiss, cheddar, gouda, and parmesan (if tolerated)	Creamed meat, fish, poultry prepared with milk, omelets/soufflés made with milk, regular cheese, cottage and ricotta cheese, hard non-aged cheese, cheese food and spreads
Breads, Cereals and Starches	Instant potatoes, macaroni enriched with milk protein, commercially prepared mixes such as pancake, muffin, and waffle made without milk	French toast, muffins, biscuits made with milk, potato or macaroni dishes prepared with milk or milk products
Soups	Clear broth, consommé, vegetable soup, meat soups including chicken noodle	Cream soups, chowders, commercially prepared soups containing milk or milk products
Fruits and Vegetables	All fruits (unless made with milk or milk products) - fresh, canned, frozen, dried or as juice	Creamed fruits, fruits made with milk or milk products
Fats	Milk free vegetable margarine, oil, mayonnaise, salad dressing (without milk or cream), and olives	Butter and margarine made with milk (unless tolerated), sour cream, whipped cream, creamed gravies, blue cheese salad dressing or dressing made with milk or cream
Desserts	Fruit ices, sorbet, non-ice cream freezer pops, fruit ices, tofu-based ice cream, fruit pies, cookies and cakes without milk, gelatin, baking chocolate, semi-sweet chocolate, gum, sucrose, honey, molasses	Ice cream, sherbet, frozen yogurt, pudding, custard, milk chocolate or creme candies containing milk
Miscellaneous	Carbonated beverages, tea, coffee	Seasonings made with lactose or milk products

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