



## **Lactose Controlled Diet**

### **What is lactose?**

Lactose is the major sugar in milk and milk products. Almost all milk contains lactose.

### **What is lactose intolerance?**

To digest lactose, a child needs an enzyme called lactase which breaks down lactose so the body can use it. Normally our bodies make lactase.

When a child does not produce enough lactase enzyme, the lactose is not broken down, causing abdominal pain, bloating and diarrhea. When a child cannot digest the lactose, it is called lactose intolerance. Lactose intolerance can be a permanent condition but sometimes it is temporary and caused by disease, surgery or infection. It is rare for a child to be born with lactose intolerance.

### **What is the difference between lactose intolerance and a milk allergy?**

Milk allergy is when a child has an allergic reaction to the protein in milk and lactose intolerance is when a child is not able to break down the sugar in the milk.

### **What is the goal of the diet?**

The goal of the diet is to reduce any lactose-induced symptoms to a point where they are not bothersome. The amount of lactose that is tolerated will vary from child to child.

### **What is the over the counter product called Lactaid© Enzyme?**

It is a product that provides the enzymes that your child may be lacking so he or she is able to digest the lactose in the foods. This product is available in most drug stores. There are also generic versions of this product available. The Lactaid enzyme is given at the beginning of the meal.

Lactaid© Enzyme ([www.lactaid.com](http://www.lactaid.com))

- Lactaid© Fast Act Chewables: Vanilla twist flavor  
1 chewable tablet = 9000 FCC lactase units
- Lactaid© Fast Act Caplets  
1 caplet = 9000 FCC lactase units

### **Can my child drink milk?**

There are lactose free milk products available in the market. Your child could also drink lactose-containing dairy milk if taken with a lactase enzyme tablet.

List of some of the lactose free milks:

- Lactaid© Milk
- Smart Balance Lactose Free Fat Free Milk and Omega 3s
- Land O Lakes Dairy Ease

There are other types of lactose-free milks available such as soy, almond, rice and coconut milk. The best choice is the soy milk because it is more nutritionally complete. Other products besides milk that come in a lactose-free version are ice cream, cottage cheese, yogurt, and half and half.

**Steps for following a lactose-free diet and gradually reintroducing lactose in the diet:**

STEP 1: Avoid all lactose in the diet for week 1 and week 2.

Use a lactose-free milk or soy milk.

You should see an improvement in symptoms.

STEP 2: Continue using a lactose-free milk or soy milk.

Introduce foods low in lactose (refer to list) for week 3 and week 4.

Introduce a new low lactose food every other day.

If a food produces symptoms, start using the Lactaid© enzymes when eating this food.

Follow the Lactaid© enzyme instructions to know how much to use.

STEP 3: Continue using a lactose-free milk or soy milk.

Start introducing foods higher in lactose content on week 5.

Introduce a new lactose containing food every other day.

If a food produces symptoms, use the Lactaid© enzymes.

## Lactose Content of Food and Beverages

Food and Beverages	Serving Size	Lactose (grams)
Fat-free dry milk	1/3 cup	12
Milk: whole, low-fat, skim	1 cup	9-12
Buttermilk	1 cup	9-12
Goat milk	1 cup	9
Cottage cheese	½ cup	6-9
Ice cream	½ cup	6-9
Yogurt, low-fat	1 cup	5
Condensed milk, whole	2 Tbsp	4
Evaporated milk	2 Tbsp	3
Sherbet	½ cup	2
American cheese	1 ounce	1-2
Cream cheese	1 ounce	1-2
Half and half	2 Tbsp	1
Light cream	2 Tbsp	1
Whipped cream	2 Tbsp	less than 1
Sour cream	2 Tbsp	trace
Butter/Margarine	1 Tbsp	trace
Swiss cheese	1 ounce	trace
Cheddar cheese	1 ounce	trace
Parmesan cheese	1 ounce	trace
Mozzarella cheese	1 ounce	trace

## Helpful Hints

1. Read food labels. You should look for the following words:
  - Milk
  - Dried milk
  - Malted milk
  - Cream
  - Cheese
  - Evaporated milk
  - Condensed milk
  - Lactose
2. Ingredients such as lactic acid, lactate and lactylates do not contain lactose.
3. Check with your dietitian to make sure your child is getting enough calcium and vitamin D in his or her diet.
4. Look for Kosher food products labeled "Parve." They do not contain dairy.

## Additional Information:

If you have questions, please call: \_\_\_\_\_ Registered Dietitian

Phone: (717) 531- \_\_\_\_\_ or (717) 531- 8406