

LACTOSE RESTRICTED DIET

PURPOSE

This diet may be ordered for individuals with lactose deficiency who can tolerate small amounts of lactose and fermented milk products (yogurt, aged cheese, cottage cheese, and buttermilk) (1).

NUTRIENTS MODIFIED

This diet is restricted in lactose to less than 8-10 gm daily. A Regular Diet is followed with omission of all milk and foods containing milk. Foods that include lactose as an additive in minute amounts may be included. Fermented or cultured milk products may be tolerated due to the action of the bacteria in breaking down lactose.

NUTRITIONAL ADEQUACY

This diet is adequate in the specified nutrients from the 1989 Recommended Dietary Allowances for adult males and females when selected from a variety of foods, except for calcium and possibly riboflavin.

Lactose Content of Selected Foods*

11-15 grams

- Milk – 1 cup
- Low fat milk – 1 cup
- Skim milk – 1 cup
- Chocolate milk – 1 cup
- Buttermilk – 1 cup
- Yogurt – 1 cup

5-6 grams

- Ice cream – cup
- Ice cream – cup

1-3 grams

- Pudding – cup
- Sherbet – cup
- Cheese spread – 1 oz **
- Half and half – 2 Tbsp

0.5-1 gram

- Processed American cheese – 1 oz **
- Cottage cheese – cup
- Sour cream – 2 Tbsp

Less than 0.5 gram

- Butter – 1 tsp
- Cream cheese – 1 Tbsp
- Aged cheese – 1 oz

* Content may vary with brand names.

** Processed cheese spreads and cheese foods may have nonfat milk solids added which may increase the lactose content.

SAMPLE MENU

BREAKFAST

1 C Orange juice
_ c Bran flakes
with dried apricots
1 Poached egg
1 Strip bacon
1 Slice Wheat toast
1 Tbsp preserves

LUNCH

2 oz Beef rib roast
Small baked potato
_ C Summer squash
1 C Mixed fruit
1 C Spinach salad
1 Tbsp oil and vinegar
dressing
1 Dinner roll
Snack
Whole Banana

DINNER

1 C tuna salad
with lettuce &
tomato
10 Saltines
1 C Chunky chicken
vegetable soup
_ C Steamed broccoli
Chilled fresh fruit cup
with wheat germ

Sugar, salt, pepper, and allowed beverage of choice are routinely included.

APPROXIMATE NUTRITIONAL ANALYSIS

Protein	110.5gm	Vitamin C	273.0mg
Phosphorus	925.9mg	Fat	94.4gm
Niacin	28.7mg	Iron	21.5mg
Carbohydrate	202.5gm	Riboflavin	1.6mg
Sodium	2287mg	Calories	2063kcal
Thiamin	1.5mg	Potassium	3683mg
Vitamin A	4484.8RE	Calcium	523mg
Dietary Fiber	36.1gm	Folate	291.2ug
	11.4mg		

The sodium value will vary with the amount of salt added in food preparatory.

REFERENCES

1. Dietetic Staff, Mayo Clinic, Rochester Methodist Hospital and St. Mary's Hospital of Rochester. Mayo Clinic Diet Manuel .5th ed. Philadelphia, PA: WB Saunders Co., 1981; 130-131.

**FOOD
GROUP**

Milk, yogurt
& cheese

**SERVINGS
DAILY**

None

**FOODS
INCLUDED**

Substitute a non-dairy cream made w/out lactose, soybean milks & other lactose-free supplements or formulas, protein hydrolysate formulas, fermented milk products such as acidophilus milk, yogurt & sour cream may be tolerated, cottage cheese. NOTE: In addition, encourage at least 2 oz natural aged cheese (example: Cheddar, Blue, Brick)

**FOODS NOT
INCLUDED**

All milk, milk drinks such as chocolate or cocoa made w/ milk, yogurt fermented products if not tolerated, all other cheeses (example: processed cheese, ricotta cheese, cream cheese)

Meat, poultry,
fish, dry beans
eggs, and nuts

2-3 servings

Meat, fish, poultry,
eggs, prepared w/ out
milk or cream, cold
cuts, frankfurters,
peanut butter, dried beans
and peas.

Any meat,
fish, eggs,
poultry
prepared w/
milk or cream,
cold cuts and
frankfurters w/
lactose fillers,
& raw eggs.

Bread, cereal,
rice, & pasta

6-11 servings

Any enriched or whole
grain breads, rolls,
muffins, crackers,
prepared mixes, cereals
prepared w/ out milk,
macaroni, noodles,
spaghetti, pasta, rice.

Any prepared
w/ addition of
milk, cream
cheese in
excess of
allowed
amount.

<u>FOOD GROUP</u>	<u>SERVINGS DAILY</u>	<u>FOODS INCLUDED</u>	<u>FOODS NOT INCLUDED</u>
Vegetable	3-5 servings	Fresh, frozen, canned w/ out addition of milk, any potatoes prepared milk, w/ out milk.	Any prepared w/ addition of cream or cheese in excess of allowed amount.
Fruit	2-4 servings	All fruits and fruit juices.	None.
Fats & oils	Use sparingly	Butter, margarine, lard, oils, shortenings, mayonnaise, gravy, olives, bacon, non-dairy cream, sour cream if tolerated.	Cream, cream cheese, salad dressings which contain milk, gravy made w/ milk.
Sweets & Desserts	Use sparingly	Any desserts which do not contain milk, cream or milk chocolate fruit ices, desserts made w/ non-dairy products, buttermilk or sour cream, pure chocolate such as bittersweet, semi-sweet & unsweetened, carob, jams, jellies, preserves, honey, corn syrup, carbonated beverages.	Custards, puddings, ice cream, ice milk, any other desserts prepared, w/ milk, cream or milk chocolate.
Miscellaneous	As desired	Salt, pepper, sugar, sugar substitutes, spices, seasonings, lemon, vinegar, pickles, popcorn, prepared mixes, coffee, tea, decaffeinated coffee or tea, meat soups & vegetable soups which do not contain milk, milk solids or cream, broth, boullion.	Spices or seasonings containing lactose in excess of allowed amounts, cream style soups or any others which contain milk, milk solids or cream any beverage Containing milk or lactose.

