



CORNERSTONE MEDICAL CLINIC

402 South 12th Avenue Yakima, Washington 98902

Phone (509) 248-3263

Lactose Intolerance Diet

This diet is designed for patients with an intolerance to lactose. It provides a minimum amount of foods containing this carbohydrate. All labels should be read carefully for addition of lactose, milk or milk solids.

TYPE OF FOOD	FOODS TO USE	FOODS TO AVOID
BEVERAGE	Coffee, tea, decaffeinated beverages, Postum and carbonated beverages	Milk, milk beverages, powdered soft drinks, flavored coffee mixes
BREAD	White, French, rye bread without added milk; crackers, melba toast, quick breads	Any bread, pancakes, or waffles with milk, dry milk solid or lactose
CEREAL	Any hot or cold cereal except.....	Instant cream of wheat, dry cereal containing lactose or milk
DESSERT	Cookies, cakes, fruit pies, gelatin desserts without milk or milk solids	Any containing milk, lactose or milk products
FAT	Margarine (milk free), shortening, oil, mayonnaise, salad dressing, nuts, olives, peanut butter	Butter, cream, half and half, cream cheese, cheese of any kind, salad dressings containing cheese or milk
FRUIT	Any fresh, dried or canned fruit and fruit juices	Canned, frozen or processed with lactose added
MEAT, FISH	Any meat or fish except.....	Creamed and breaded meats or fish, processed meats containing milk solids
EGG	Any except.....	Creamed eggs or eggs substitutes containing milk solids
POTATO OR SUBSTITUTE	White and sweet potatoes, yams, rice, macaroni, noodles, spaghetti, corn, hominy, popcorn, dried legumes	Any creamed or breaded, any with added milk solids, any prepared with milk or milk products or cheese
VEGETABLE	Any raw, cooked or canned	Canned, frozen or process with lactose, or prepared with milk, milk products or cheese

TYPE OF FOOD	FOODS TO USE	FOODS TO AVOID
SOUP	Water based soup, dried legume soup	Creamed soups, commercially prepared soups containing milk or milk products
SWEETS	Sugar, syrup, jelly, jam, honey, marmalade, candies except.....	Milk chocolate, butterscotch, caramels, peppermints, molasses
SEASONINGS	Salt, pepper, spices, herbs, flavorings	Some contain lactose or milk solid, check labels
MISC.	Brown gravy, vinegar, unsweetened cocoa, pickles, relishes, condiments	Milk gravy, cream sauce, prepared sauces, monosodium glutamate and chewing gum containing lactose

The Lactose Intolerance Diet is nutritionally inadequate in calcium according to the Recommended Dietary Allowance of the National Research Council. It may also be inadequate in iron for women under 51 years of age.