



Family Health Centers Nutrition Program

LACTOSE - CONTROLLED DIET

This is a diet for people with lactose intolerance. Symptoms include: bloating, gas, cramping and diarrhea after the ingestion of dairy products. The severity of this condition varies widely with individuals. Some people have more tolerance to dairy products and need only restrict certain foods.

Products (such as Lactaid) are available to ease the digestion of dairy foods. If dairy foods are eliminated, deficiencies of calcium, riboflavin or vitamin D could develop, unless other sources are consumed.

Restrict or eliminate these foods or foods containing:

milk - Lactaid milk is available; soy milk has no lactose
Nutrish AB or acidophilous milk may be better tolerated

yogurt - may be better tolerated than milk

cheese - unprocessed, hard cheeses may be better tolerated

cream

cream soups - cooked foods may be better tolerated

ice cream, ice milk, sherbet

sweets and desserts with milk - pudding, custard, chocolate, caramel,
commercial desserts and mixes

lactose

milk solids

If a complete lactose-free diet is necessary, additional restrictions apply.

If you would like personal instruction on how to incorporate nutritional guidelines into your life and improve your health, schedule an appointment with:

Karen Youket, Dietitian / Nutritionist
by calling The Family Health Centers at
828-258-8681