

## Lactose Restricted Diet

This diet is designed to help prevent the symptoms of lactose intolerance :abdominal pain, nausea, flatulence, bloating and/or diarrhea. Lactose is the primary sugar found in milk and dairy products be limited or omitted, depending on the degree of intolerance. The degree of lactose intolerance is variable. Some lactose intolerant persons may be able to consume modest amounts of dairy without symptoms, while others may find relief from a more stringent lactose restriction. An option for some lactose malabsorbers is the use of a lactase enzyme (ultra lactaid, dairy ease, etc.) with dairy products.

### LACTOSE CONTENT OF DAIRY PRODUCTS

10 – 15 grams		0.5 – 1 gram	
Milk (skim, low fat, or whole)	1 cup	Processed American cheese	1oz
Buttermilk	1 cup	Cottage cheese	¼ cup
Ice Cream	1 cup	Sour cream	2 tsp
Yogurt	1 cup		
Goat Milk	1 cup		
1-3 grams		Less than .5 gram	
Puddings/Custare	½ cup	Butter	1tsp.