

## LACTOSE RESTRICTED DIET

| FOOD GROUPS            | FOODS PERMITTED   | FOODS THAT MAY CAUSE DISTRESS   |
|------------------------|---|---|
| Beverages              | Coffee, decaffeinated coffee<br>Tea, decaffeinated tea<br>Soybean milk substitutes and beverages<br>Carbonated beverages<br>100% lactose reduced milk                     | Milk and milk drinks<br>Acidophilus milk  |
| Breads                 | Homemade breads without milk<br>French or Vienna bread (check labels)<br>Whole grain or enriched breads   | All bread products, muffins, biscuits, or pancakes containing milk or lactose (depending on tolerance)  |
| Cereals                | All except those listed to avoid  | Cereals prepared with milk and milk products such as Instant Cream of Wheat (depending on tolerance)  |
| Desserts               | Angel food cake, homemade baked products prepared without milk or with 100% lactose reduced milk<br>Fruit pie<br>Gelatin desserts<br>Fruit puddings<br>Fruit ices         | Any desserts containing milk or milk products<br>Commercial desserts and mixes<br>Ice cream<br>Sherbet  |
| Fats                   | Milk free margarines (margarines marked kosher or Parve do not contain milk)<br>Non-dairy cream<br>Vegetable oils<br>Shortening<br>Salad dressings<br>Butter or margarine | Margarine or salad dressings with added milk and milk products<br>Spreads and dips containing sour cream, cream cheese, whipping cream (depending on tolerance) |
| Fruit and Fruit Juices | All   | None  |

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| FOOD GROUPS                      | FOODS PERMITTED  | FOODS THAT MAY CAUSE DISTRESS  |
|----------------------------------|--|--|
| Meat, Eggs, and Meat Substitutes | Baked, broiled, roasted, or stewed meats, poultry, fish, or shellfish<br>Eggs<br>Peanut butter<br>Dried peas and beans<br>Hard, aged and processed cheese, if tolerated<br>Yogurt as tolerated | All creamed or breaded foods<br>Cold cuts, frankfurters or other meat containing lactose<br>Cottage Cheese                           |
| Potatoes and Substitutes         | White and sweet potatoes<br>Rice<br>Pasta<br>Noodles<br>Hominy   | Potato or substitute prepared with milk or milk products<br>Commercial potato and mixes prepared with lactose containing ingredients |
| Soups                            | Broth based soups made with allowed ingredients  | Cream soups<br>Commercial soups made with milk and milk products   |
| Sweets                           | Sugar, honey, corn syrup<br>Jelly, jam<br>Pure maple syrup<br>Pure sugar candy<br>Marshmallows   | Chocolate<br>Caramels<br>Any candy made with lactose containing ingredients  |
| Vegetables                       | All except those listed to avoid   | Vegetables prepared with milk or milk products   |
| Miscellaneous                    | All herbs and spices<br>Seasonings, sauces, and flavorings   | Any prepared with milk or milk products  |