

Lactose-Free Diet

- Lactose is a sugar found in milk and dairy products. Lactose Intolerance is the inability of the body to digest or breakdown lactose. People who are lactose intolerant develop symptoms such as abdominal pain, abdominal cramping, diarrhea, gas, and/or bloating when consuming these foods. Symptoms may occur soon after eating lactose-containing foods or hours later.
- To manage your symptoms, you may need to reduce the amount or eliminate lactose from your diet.
- People with lactose intolerance may be able to consume lactose-containing foods without producing symptoms however the amount tolerated varies person to person. To determine your tolerance level, follow a lactose-free diet for two weeks and then gradually add small amounts and different types of lactose-containing foods back into your diet.



Read food labels carefully. The following products contain lactose:

-  Cheese
-  Lactose
-  Whey
-  Butter
-  Curd
-  Milk solid
-  Milk powders
-  Cream



These types of milk, and products made from them, are better for a lactose-free diet.

-  Soy Milk
-  Almond Milk
-  Coconut Milk
-  Oat Milk
-  Cashew Milk
-  Rice Milk
-  Macadamia Milk
-  Hemp Milk
-  Quinoa Milk