

Lactose Intolerant Chart

FOODS RECOMMENDED	FOODS THAT MAY CAUSE DISCOMFORT
<p>BREADS & GRAINS 6-11 servings each day</p> <p>Whole-grain or enriched breads, cereals, rice, barley, and pastas made with milk-free ingredients</p> <p>Hominy, macaroni, noodles, rice, spaghetti</p> <p>Crackers, rusk</p> <p>French or Vienna bread (check labels)</p>	<p>BREADS & GRAINS</p> <p>*Any bread products, muffins, biscuits, or pancakes prepared with milk, milk products, or mixes containing lactose</p> <p>*Instant Cream of Wheat</p> <p>*Commercial potato products</p> <p>*Dry cereals containing lactose or milk</p>
<p>VEGETABLES 3-5 servings each day</p> <p>All vegetables and vegetables juices</p>	<p>VEGETABLES</p> <p>Vegetables prepared with cheese, milk or milk products</p>
<p>FRUIT 2-4 servings each day</p> <p>All fruits and fruit juices</p>	<p>FRUIT</p> <p>*Fruit drinks that contain lactose</p>
<p>MILK & DAIRY 2-3 servings each day</p> <p>Soy milk, lactose-reduced milk, *lactose-hydrolyzed milk, and lactose-free supplements</p> <p>*Hard, aged, and processed cheese, if tolerated</p> <p>*Yogurt, if tolerated</p>	<p>MILK & DAIRY</p> <p>Milk; milk products, goat's milk, and acidophilus milk</p> <p>Powdered milk</p> <p>*All cheese products</p>
<p>MEAT & MEAT SUBSTITUTES</p> <p>All plain baked, broiled, roasted or stewed beef fish, lamb, poultry, pork, veal, and eggs (prepared without milk)</p> <p>Dry peas and beans, lentils, tofu, nuts and peanut butter</p> <p>Plain baked, broiled roasted or stewed</p> <p>Soups: Broth-base soups made with allowed foods</p>	<p>MEAT & MEAT SUBSTITUTES</p> <p>Cold cuts, frankfurters, or other meat that contain lactose filler</p> <p>Creamed or breaded food</p> <p>Cream soups, commercial soups with milk or milk products</p> <p>*All creamed or breaded food</p> <p>*Cold cuts; wieners, or other meat with added lactose</p>
<p>FATS & SNACKS</p> <p>*Butter, *margarine, lard, shortening, mayonnaise, vegetable oils, nondairy creamer, and oil-based salad dressings</p> <p>Cakes, cookies, pies, flavored gelatin desserts, homemade baked products and fruit ices made with milk-free ingredients or prepared without milk</p> <p>Popcorn</p> <p>Salt, pure flavorings, vinegar, spices, condiments</p> <p>Sugar, corn and pure maple syrup, honey, jellies, jams, and pure sugar candies</p> <p>Coffee, tea, carbonated beverages, cereal beverages, soy milk substitutes & beverages</p>	<p>FATS & SNACKS</p> <p>Salad dressings containing milk or cheese</p> <p>Any desserts containing milk or milk products such as sherbet, ice cream, pudding, and some cakes, cookies, and pies</p> <p>Commercial desserts or mixes containing milk or milk products</p> <p>Instant drink mixes, *Cocoa mix</p> <p>*Margarine with added milk or milk products</p> <p>*Spreads or dips containing sour cream, cream cheese, whipping cream</p> <p>Cocoa mixed, cream sauce, nonfat dry milk, milk chocolate</p> <p>Cream, caramels or chocolate candies or any candies containing milk lactose, or molasses</p>

Avoid if only on strict **lactose free diet*

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