

Saratoga Schenectady  
Endoscopy Center, LLC  
Burnt Hills, N.Y. 12027  
**LACTOSE FREE**

**Tolerance of lactose is variable.** Some people can eat small amounts of lactose without having symptoms while others need to avoid it completely.

**Low-lactose diet:** generally eliminates only milk and milk products. However, some can tolerate milk in small amounts (2 oz) throughout the day or as part of a meal. Some can tolerate small amounts of yogurt. These patients can experiment to find a level of lactose they can tolerate. Some people can build up their level of tolerance by gradually introducing the lactose-containing foods.

**Lactose-free diet:** all lactose product must be eliminated, including foods that are prepared with milk, both at home and in commercially packaged foods. These people may be able to use 100% lactose free milk or soy milk. Labels should always be read carefully

**Lactase Digestive Aids and Products:** Many people can drink milk in which the lactase has been partially or completely broken down. The following products may be available at a pharmacy or grocery store.

**LACTAID and Dairy Ease enzyme products** - check with a pharmacist, registered dietitian, or a physician for individual guidance on the use of these products.

Drops: These are added to milk. Five, 10, or 15 drops per quart of milk will generally reduces lactose content by 70%, 90%, or 99% respectively over a 24-hour period

Caplets/Capsules: A person chews or swallows 1 to 6 of these when starting to eat foods containing lactose

#### **LACTAID Milk**

Non-fat or 1% low-fat is 70% lactose reduced

Non-fat calcium-fortified is 70% lactose reduced and 500 mg of calcium per cup has been added

Non-fat LACTAID 100 is completely lactose free

#### **DAIRY Ease Milk**

Available in non-fat, 1%, or 2% low-fat - all are 70% lactose reduced

#### **SOY Milk**

Calcium-fortified soy milk has no lactose, is low in fat and is a good source of Vitamin D.

For more information about these products, call the consumer information number listed on the food label. The physician, pharmacist, or registered dietitian may also have information about these products or any newer products now available

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Food Groups**

<b>Group</b>	<b>Lactose-Free</b>	<b>Lactose-Containing</b>
<b>Milk &amp; milk products</b>	100% lactose-free milk, soy milk	milk: whole, skim, 1%. 2%; buttermilk; sweet acidophilus milk; lactose-reduced milk; evaporated milk; acidophilus milk; sweetened condensed milk; instant hot chocolate and cocoa mixes; cheese
<b>Vegetables</b>	fresh, frozen, and canned vegetables without added milk or milk products; tomato paste and purée; tomato and spaghetti sauces without cheese	creamed or breaded vegetables, packaged dried potato mixes, tomato and spaghetti sauce with cheese
<b>Fruits</b>	fresh, frozen, canned, and dried fruits	none
<b>Breads &amp; grains</b>	water-based breads (Italian, French, Jewish rye), rice and popcorn cakes, graham crackers, rusks, Pareve-Jewish bakery products, cooked and dry cereals without added milk solids, pasta, rice, oats, barley, cornmeal, bulgar, and other plain grains	the following made with milk or milk products, breads, rolls, biscuits, muffins, pancakes, sweet rolls, waffles, crackers, instant and dry cereals with added milk products, some packaged grain mixes, packaged macaroni mixes
<b>Meat or meat substitutes</b>	plain beef; lamb; veal; pork; wild game; poultry; fish; shellfish; eggs; kosher prepared meat products; peanut butter; peas, beans, or lentils (dried, canned or frozen); all nuts and seeds; tofu	eggs, fish, meat, or poultry (breaded or creamed); luncheon meats; sausage; frankfurters; some brands of egg substitutes and powdered eggs
<b>Fats &amp; oils</b>	bacon, butter, margarine without milk derivatives (whey), salad dressing without cheese or milk, vegetable oils, olives, most non-dairy creamers, mayonnaise, gravy made without milk or milk products	cream, half & half, sour cream, cream cheese, chip dips, some types of margarine, salad dressing with cheese or milk, whipped toppings
<b>Sweets &amp; desserts</b>	angel food cake, gelatin, fruit ice, fruit popsicles, fruit roll ups, hard candy, gum drops, jelly beans, licorice, fruit pie fillings	ice cream, ice milk, some brands of sherbet, soufflé, mousse, pudding, custard, packaged dessert mixes, milk chocolate, toffee, caramel, butterscotch
<b>Beverages</b>	Postum, lactose-free nutritional supplements (Sustacal, Ensure, Nutren), vegetable juice, fruit juices and drinks, tea, carbonated beverages, beer, wine, distilled spirits (gin, rum, etc.), cocoa powder, most coffee	instant iced tea, instant coffee, Ovaltine, chocolate drink mixes, cordials, liqueurs, milk-based nutritional supplements (Carnation Instant Breakfast)
<b>Soups</b>	bouillon, broth, meat, or vegetable stock soups; bisques and chowders made with water, soy milk, or 100% lactose-free milk	cream soup, canned and dehydrated soup mixes containing milk products
<b>Miscellaneous</b>	popcorn, plain pretzels, plain potato and corn tortilla chips, salsa, mustard, ketchup, pickles, uncreamed horseradish, relish, sauces made without milk or milk products, sugar, honey, jams and jellies, maple and corn syrup, molasses, herbs, spices, salt, pepper	cream or cheese sauces, ranch-style or cheese-flavored snack pretzels or chips, cheese curls, sugar substitutes with lactose added, medications and vitamin/mineral supplements with lactose added

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**Sample Menu**

**Breakfast**

orange juice, calcium fortified 1/2  
cup  
oatmeal 1 cup  
Italian bread 2 slices  
jelly 2 tsp  
margarine 2 tsp  
coffee 1 cup  
sugar 1 tsp  
nondairy creamer

**Lunch**

turkey 2 oz  
Italian bread 2  
slices  
mayonnaise 1/2  
Tbsp  
tossed green  
salad  
1 cup  
oil & vinegar  
2 tsp  
tomato 2  
slices  
carrot 1  
celery 1 stalk  
banana 1  
lactose-free milk  
1 cup

**Dinner**

consommé 3/4 cup  
strained fruit juice 1  
cup  
fruit ice 1/2 cup  
gelatin 1/2 cup  
hot tea with sugar &  
lemon

**This Sample Diet Provides the Following**

Calories	1800	Fat	48 gm
Protein	93 gm	Sodium	1700 mg
Carbohydrates	261 gm	Potassium	3533 mg