

## Lactose-Free Diet

<b>Food Group</b>	<b>Lactose-Free</b>	<b>Lactose-Containing</b>
<b>Milk and Milk Products</b>	100% lactose-free milk, soy milk	milk: whole, skim, 1%, 2%; buttermilk; sweet acidophilus milk; lactose-reduced milk; evaporated 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 puree; tomato and spaghetti sauces without cheese	creamed or breaded vegetables, packages dried potato mixes, tomato and spaghetti sauce with cheese
<b>Fruits</b>	fresh, frozen, canned, and dried fruits	none
<b>Breads and 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 and 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 and 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 chips, 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