

**NOTES:**

- Scan all product ingredient lists and check to see if they contain milk. Terms like milk solids, whey, curds, skim milk powder, and skim milk solids mean that lactose is present.
- Look for cookbooks with recipes adapted for a lactose-controlled diet.
- Try to include plenty of other sources of calcium in your diet. Some good sources include dark green vegetables, canned fish with fine bones (sardines and salmon), and dry beans.
- Talk to your doctor, registered dietitian, or pharmacist about lactase enzymes in tablet or droplet form for use with products containing milk.

**IMPORTANT POINTS TO KEEP IN MIND**

**Lactose-Controlled Diet**

**Why Follow a Lactose-Controlled Diet?**

You need a lactose-controlled diet if you are unable to digest the milk sugar lactose. This diet will help prevent uncomfortable side effects such as bloating, cramping, or diarrhea that may occur when you consume milk or milk products. Side effects should stop 3–5 days after following this diet. Because there are varying degrees of lactose intolerance, you will need to experiment with foods to determine your individual tolerance.

Dietitian name  
Phone number



THE AMERICAN DIETETIC ASSOCIATION

**SAMPLE MENU FOR A LACTOSE-CONTROLLED DIET**

**BREAKFAST**

- Orange juice
- Whole-grain cereal with a banana
- Whole-wheat toast with margarine and jelly
- Lactose-reduced milk\*
- Coffee or tea

**LUNCH**

- Vegetable soup with saline crackers
- Hamburger with mayonnaise, sliced tomato, and lettuce
- Fresh fruit salad
- Coffee or tea

**SNACK**

- Graham crackers
- Apple
- Lactose-reduced milk\*

**DINNER**

- Tossed salad with vinegar and oil dressing
- Broiled chicken breast
- Herbed brown rice
- Steamed broccoli
- Whole-grain roll with margarine
- Fruit ice
- Coffee or tea

\*If lactose-reduced milk is not tolerated, substitute 1/2 cup nondairy creamer at breakfast and fruit juice at lunch. Also be sure to ask your doctor or registered dietitian about a calcium supplement.