



**PATIENT
EDUCATION**

Lactose-Free Nutrition Therapy

Lactose-Free Nutrition Information

Lactose is a type of sugar found in milk and dairy foods. In order to digest lactose, people need to have a specific enzyme called Lactase in their small intestine.

If you have trouble digesting lactose, you may have diarrhea, bloating, stomach pain, and gas. Limiting or avoiding milk and dairy products may help ease these symptoms. Taking lactase supplements before having milk and dairy products may also help.

Note, Milk, and Dairy foods are a primary source of calcium, a mineral that is important for your health. When you avoid milk and dairy foods, you need to get calcium from other foods such as:

- Sardines
- Canned Salmon
- Tofu (calcium-fortified)
- Shellfish
- Turnip greens
- Collards
- Almonds
- Kale
- Dried Beans
- Broccoli
- Calcium-fortified orange juice
- Calcium-fortified soy milk
- Blackstrap molasses

Remember to check the ingredients lists carefully

- Avoid foods made with butter, cream, milk, milk solids or whey.
- Avoid products when the ingredient label lists “May contain milk”.
- Removing Dairy limits the foods you can eat.
- Be sure to replace your dairy foods with substitutes to maintain your nutrition.

Recommended Food replacements

- Lactose-Free Milk
- Nondairy creamers
- Nondairy whipped topping
- Almond, Rice or Soy milk
- Soy yogurt or soy cheese
- Almond milk cheese

- Soy-based sour cream

If you need additional calories and or protein, these are lactose-free nutrition supplements (*this is not an extensive list*)

Beverages:

- Silk Protein Nut Milk
- Evolve plant- powdered protein shake
- Carnation Instant Breakfast (Lactose-free cans)
- Fairlife Smart Snacks
- Ensure Plant-Based Protein Shake (Green bottle)
- OWYN vegan protein drink

Bars:

- Lara Bar
- KIND + Protein Bars
- GoMacro Macro Bar
- No Cow Bars
- VEGA protein bars
- Clif Builder's Protein Bar