

PATIENT EDUCATION

Lactose-Free Nutrition Therapy

Lactose-free nutrition information

- Lactose is a type of sugar found in milk and dairy foods. 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