

## LACTOSE-RESTRICTED DIET

The lactose-restricted diet is used when the body is unable to tolerate large amounts of lactose-containing foods due to a lactose deficiency. Usually, gastro-intestinal symptoms become apparent after drinking one or two glasses of milk. Some individuals are able to tolerate small quantities of milk products if cooked: cheese, yogurt, cultured buttermilk, butter or margarine.

This diet is nutritionally adequate, except for calcium which is normally found in great quantity in dairy products. Calcium supplementation may be necessary in the form of medication.

<b>FOOD GROUP</b>	<b>FOODS ALLOWED</b>	<b>FOODS RESTRICTED</b>
BEVERAGES	Most coffee, tea, carbonated drinks, freeze-dried coffee, instant coffee (unless milk had been added: read labels). Beer, wine, hard liquors, most liqueurs, Postum, unsweetened cocoa, Sanka.	All milk and milk drinks. Instant cocoa, milk chocolate, some instant coffee. Ovaltine.
BREAD	Breads made with water base, such as French or Italian, hard rolls.	Bread with milk added. (Most commercial breads have milk added). Crackers made with added margarine or butter. French toast.
CEREALS	Some prepared cereals (read labels; many cereals contain non-fat milk solids).	All cereals made with dry milk solids, Such as fortified Oat Flakes, Special K, Cocoa Krispies, etc.
DESSERTS	Gelatin, puddings made with water in place of milk, angel food cake, cakes made with vegetable oil, water ices.	All ice cream, sherbet, custard, puddings, cream pies and other desserts made with milk.
FAT	Milk-free margarine, gravy, mayonnaise, salad dressings.	Butter, margarine made with milk, cream sauces made with milk. Cream.
FRUITS	All fruits and juices.	No restrictions.
SOUPS	Meat and vegetable only. (Read labels on commercial soups). Broth. Chicken or beef bouillon.	Cream soups and all soups with milk.
MEAT, FISH, EGGS, POULTRY & CHEESE	All are allowed except those listed at right	Cold cuts or frankfurters containing dry skim milk (this is sometimes abbreviated NFD) creamed or breaded meats, fish or poultry. Some sausages, (read labels). All cheese and cottage cheese.
POTATO OR SUBSTITUTE	Rice, all pasta, potatoes prepared without milk or butter. French fries.	Creamed or instant mashed potatoes. Au gratin potatoes.

<b>FOOD GROUP</b>	<b>FOODS ALLOWED</b>	<b>FOODS RESTRICTED</b>
VEGETABLES	All are allowed except those listed at right.	Any canned or frozen with lactose: creamed, scalloped or au gratin. Those that are seasoned with margarine or butter.
SWEETS	Sugar, Jams, Jellies, and candies made without milk or milk products. Corn syrup, honey, brown sugar or any syrup.	Any made with milk or milk products. Chocolate, butterscotch, peppermints.
SPICES	Any pure seasoning or spice.	Butterscotch
MISCELLANEOUS	Popcorn without butter, nuts, nut butters, chewing gum.	Caramel, milk gravies, products using lactose as an ingredient.

The following list excludes those products containing lactose. This list does not include all commercial products that could be used; many more could be added. It is wise to check the label for ingredients when purchasing any processed foods since ingredients may change from time to time.

## **BEVERAGES**

### **Coffee**

General Foods Regular and Instant Coffee (Maxwell House, Yuban, and Sanka brands)  
Maxim Freeze-Dried Coffee

### **Fruit-Flavored Drinks**

General Foods:

Birds Eye Away frozen concentrate for imitation orange juice  
Birds Eye Orange Plus frozen concentrate for orange juice drink  
Instant Postum beverages  
Kool Aid, regular or pre-sweetened soft drink mixes  
Kool Pops or Pop Bars  
Start – Instant breakfast drink  
Tang – Instant breakfast drink  
Twist – Imitation lemonade, grapeade, orangeade, and punch mixes

## **BREADS, CEREALS, CRACKERS, FLOUR**

### **Breads**

Most Italian breads – read label  
Most French breads – read label

### **Cereals**

General Foods:  
Post Brand Cereals (except for Fortified Oat Flakes)

**Cereals (con't)**

General Mills:

All cereals except crackers and whole grains

Kellogg's

Cornflakes

Frosted Flakes

Product 19

40% Bran Flakes

Raisin Bran

Rice Krispies

**Crackers**

Premium

Ritz

Zesta

General Mills – Bows, Bugles

**Flours**

General Mills Gold Medal Flour (Regular, Softassilk Cake Flour, Wondra)

General Foods Minute Rice

General Foods Minute Rice Mixes (Drumstick and rib roast only)

General Foods Calumet Baking Powder

**DESSERTS**

**Duncan Hines:** Angel Food Cake Mix

**General Foods:**

Baker's Chocolate (unsweetened, semi-sweet, German sweet)

Baker's semi-sweet chocolate chips (not glazed chips)

Baker's cocoa

Baker's coconut (all varieties)

Certo Fruit Pectin

D'Zerta Gelatin desserts

D'Zerta Pudding (chocolate flavor only)

Jello Gelatin Desserts

Jello Lemon Chiffon Pie Filling

Jello Pudding and Pie Fillings (except milk chocolate flavor)

Jello Tapioca Pudding

Minute Tapioca

Sure-Jell Fruit Pectin

Swans Down Angel Food Cake Mix

Swans Down Cake Flour

Swans Down Self-rising Cake Flour

**General Mills:**

All Angel Food Cake Mixes

All Chiffon Cake Mixes

All Fluffy Frosting Mixes

Chocolate Chip fudge brownie mix

**DESSERTS****General Mills: (con't)**

Chocolate fudge brownie mix  
 Graham cracker pie crust  
 Ready-to-Serve lemon pudding  
 Walnut brownie mix

**Gelatins:**

Royal Puddings and Pie Fillings (except milk chocolate flavor)

**FRUITS**

General Foods Birds Eye frozen fruits  
 General Foods Birds Eye frozen concentrated fruit juices

**INFANT FORMULAS**

Borden: Mullsoy, Neomulsoy  
 Gerber: Lambase Formula, Meatbase Formula  
 Mead Johnson: Nutramigen, Soybee  
 Ross: Similac, Isomil

**MARGARINES**

Mother's Brand  
 Diet Mazola  
 Willow Run Soybean Margarine

**MEAT PRODUCTS**

Roessler's All-beef frankfurters  
 Armour frankfurters  
 Kosher all-beef cocktail franks  
 Nepco frankfurters  
 Oscar Meyer frankfurters  
 Swift's Premium frankfurters  
 Swift's Premium Brown 'N' Serve Sausage (fully cooked)

**SALAD DRESSINGS**

General Foods Good Season's Dressings mixes (creamy French, Garlic, Italian, Low Calorie Italian, Old-fashioned French, Onion)  
 General Foods Good Season's Open Pit Barbecue Sauces (Original, Hickory Smoke, and mild garlic Flavors)  
 General Foods Good Season's Think 'N' Creamy Salad Dressing Mixes (Coleslaw, French, Thousand Island)

**SOUPS****Campbell's**

New England Clam Chowder  
 Chili Beef  
 Noodles and Ground Beef  
 Turkey Vegetable  
 Chicken Gumbo

**SOUPS****Campbell's (con't)**

Manhattan Clam Chowder  
 Chicken Noodle  
 Vegetarian Vegetable  
 Old-Fashioned Vegetable  
 Chicken with Rice  
 Chunky Turkey

**Habitant**

Chicken Noodle Soup  
 Chicken Rice Soup

**Lipton's**

Country Vegetable Soup  
 Noodle Mixed with Chicken Broth  
 Onion Soup

**Pepperidge Farm**

Petite Marmite – Beef and Vegetable Soup

**Sweet Life**

Vegetable Beef

**VEGETABLES**

General Foods "Plain" Birds Eye Vegetables (without sauce or butter)

**MISCELLANEOUS**

General Mills Bacos  
 General Foods Log Cabin Syrup (except Log Cabin buttered syrup)

Cream – Substitutes: Borden's Cremora, Carnation Coffeemate

Peanut Butter – Jiff, Peter Pan, Planter's