

Lactose Free Diet

Lactose is the sugar in dairy products and many other types of processed foods. Many people can lose the ability to properly digest this sugar which can lead to excessive gas, bloating, abdominal cramping or diarrhea. If your symptoms improve on this diet, then more specific recommendations for treatment can be made by your doctor, and over the counter preparations such as lactaid-milk or lactrase tablets may be of benefit.

Avoid the following foods which contain lactose. This is a very restrictive list for the purpose of a one week diagnostic trial:

1. Milk, Buttermilk, Skim Milk, Powdered Milk, etc.
2. Ice cream, Milk Shakes, Malted Milk
3. Cheese, Cottage Cheese, Cream Cheese, Sour Cream, Cream Substitutes
4. Dietary liquids ie Metrecal, Sego, Slim Fast, Advantage shakes
5. Processed meats: Hot Dogs, Sausages, Cold Cuts, any meat not labeled 100% meat.
6. Party Dips, Puddings, Custards, Chocolate
7. Instant Dissolving Preparations ie Instant Coffee, Instant Tea, Instant Cold Drinks, Instant Mashed Potatoe
8. Foods to which milk is added ie Creamed Soups, Frozen Foods with Sauces, Pancakes, Cakes, Bread
9. Products in which any of the following is on the label ie Milk, Milk solids, Lactose, Casein, Whey, Curds, Powdered Milk.

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