

What is lactose?

Lactose is a type of sugar found in milk and milk products. It is also called “milk sugar.” Lactose gives milk its pleasant, sweet taste.

How do I know if a food contains lactose?

Unfortunately, some people are unable to digest lactose and get sick after eating foods containing lactose.

Though it’s not always obvious at first, there are many foods and food ingredients that contain lactose. Check the label for the following lactose-containing ingredients:

- Butter
 - Butterfat
 - Cheese
 - Cottage Cheese
 - Cream
 - Curds
 - Dry Milk Products
 - Ghee
 - Ice Cream
 - Ice Milk
 - Lactose
 - Milk
 - Milk by-products
 - Milk fat
 - Milk solids
 - Nonfat dry milk powder
 - Sherbet
 - Sour Cream
 - Whey
 - Yogurt
- Highly sensitive individuals should also be aware that ingredients such as caseinate, casein, lactalbumin, and lactoglobulin contain low levels of lactose.

Are there some ingredients that appear to contain lactose but actually do not?

Yes. There are some ingredients that look like they might contain lactose, but they don’t. These include:

- Calcium compounds (calcium carbonate mono-, di-, tri-calcium phosphate, calcium chloride, calcium propionate, calcium sulfate, calcium disodium EDTA)
- Lactate
- Lactic acid

Wouldn’t just avoiding milk and milk products eliminate lactose from my diet?

Not necessarily, because many other prepared items have lactose added to them. It is important for those with very low tolerance to lactose to know about these:

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| + Bread and baked goods | + Mixes for pancakes, waffles, biscuits, cookies, cakes, etc. | + lunchmeats (other than kosher) |
| + Doughnuts | | |
| + Processed breakfast cereals | + Some non- dairy products (powdered coffee creamer and whipped topping) | + Liquid and powdered milk-based meal replacements |
| + Instant potatoes, soups, and breakfast drinks | | + Powdered eggs |
| + Margarine | | + Many vitamin and mineral supplements |
| + Salad dressings | + Frozen fries | + Many medications |
| + Candies and other snacks | + Frozen dinners | |
| + Dips | + Hot dogs, sausages, | |
| + Chocolate | | |

Obtain “Lactose Intolerance: Learning to Live With It,” free from University of Nevada Cooperative Extension:
Reno – 775/784-4848
Las Vegas – 702/222-3130

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Lactose-Free Shopping



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Lactose-Free Shopping List

This shopping list will help you make healthful, lactose-free food choices. The list represents many, but not all, food choices.

BEVERAGES

- Coffee, caffeinated and decaffeinated (check labels on instant)
- Fruit drinks
- Fruit and vegetable juices
- Soda pop
- Tea, caffeinated and decaffeinated
- Tea, instant if 100% pure tea

BREADS, CEREALS, CRACKERS, PASTA, POTATOES, RICE

- Breads, rolls, pita made with water
- Italian, French, pumpernickel, Jewish rye, any Jewish bakery products
- Pasta such as spaghetti, macaroni, noodles
- Potatoes (instant and package mixes often contain lactose)
- Popcorn—original popping corn (microwave popcorn often contains lactose)
- Pretzels
- Rice—brown, white, wild
- Tortillas—flour and corn

Cereals:

- General Mills Fiber One® - original and frosted shredded wheat
- General Mills Wheaties®
- General Mills Cheerios® - original and multigrain
- Kellogg's® All Bran® - original
- Kellogg's® and Post Raisin Bran®
- Post® Shredded Wheat—regular and Spoon-size® - original and honey nut
- Post® Grape-Nuts
- Post® and Kellogg's® Frosted Mini-Wheats
- Post® Shredded Wheat 'n Bran®
- Oatmeal, plain (any)
- Puffed Wheat (any)
- Puffed Rice (any)

Cereals (continued)

- Quaker Oat Squares®
- General Mills® Chex® - Multi-Bran, Corn, Rice, Wheat
- Wheatena®

Crackers:

- Krispy Saltines
- Manischewitz® Matzos
- Premium® Saltines
- Rice Cakes (check labels on flavored)
- Ry Krisp® (all)
- Triscuits® (original)
- Wasa® (all)
- Wheat Thins® (original)
- Zesta® Saltines

COOKIES

- Keebler® Honey Grahams
- Nabisco Honey Maid® Honey Grahams
- Nabisco® Ginger Snaps

DESSERTS AND SWEETS

- Angel food cake (box mix contains lactose)
- Gelatin
- Jams, jellies, marmalades
- Homemade cakes, pies, cookies made without milk (most commercial products contain lactose)
- Honey, corn syrup, molasses, sugar (brown, granulated, powdered)
- So Delicious Non Dairy Frozen Dessert
- Sorbet

FATS, OILS, DRESSING

- Vegetable oils (all)

Margarines:

- Smart Beat® Smart Squeeze nonfat margarine spread
- Benecol® Spread
- Nucoa® Real Margarine
- Parkay® Squeese Spread

Mayonnaise:

- Best Foods® Real Mayonnaise, Light, Canola Cholesterol Free, Olive Oil
- Kraft® Real or Light Mayonnaise, Miracle Whip® Miracle Whip Light™, Olive Oil
- Hain Lite Sunflower or Canola mayonnaise
- Smart Balance Omega Plus light mayonnaise

Salad dressing:

- Kraft® Free® Catalina, Thousand Island, Zesty Italian
- Kraft® Light Zesty Italian, Asian Toasted Sesame, Balsamic Vinaigrette, Raspberry Vinaigrette, Thousand Island, Catalina
- Newman's Own® Olive Oil and Vinegar, Lite Italian, Low-fat Sesame Ginger, Light Lime Vinaigrette
- Wish Bone® Lite Italian
- Wish Bone® Salad Spritzers Italian, Raspberry Bliss, Balsamic Breeze

EGGS

- Fresh
- Original Egg Beaters®

FRUITS

- All fruits and juices (fresh, canned, frozen, dried)

MEATS AND MEAT ALTERNATIVES

- Most meats, poultry, fish (excluding some processed meats)
- Kosher prepared meat products
- Soy meat substitutes
- Dried peas, beans and lentils
- Peanut butter

MILK AND MILK PRODUCTS SUBSTITUTES

- Cheese substitutes – Soya Kass®, Vegan Gourmet® Cheese Alternatives, Galaxy International Foods Rice Cheese
- Enzyme-treated milks – Lactaid® (100% lactose free)
- High-calorie vitamin enriched supplements Ensure®, Ensure Plus®, Boost®
- Milk substitutes (look for calcium-fortified)—Edensoy®, Westsoy®, Westbrae Natural®, Rice Dream®, Silk®, Soy Dream®, Rice Dream®, Almond Dream®
- Silk Live Yogurt
- So Delicious Dairy-Free Yogurt

SOUPS

- Broth or bouillon
- Clear or broth-based vegetable soups
- Meat-stock soups

VEGETABLES

- Fresh, frozen, and canned without milk or milk products

OTHER

- Any plain spices and herbs
- Flavorings and extracts
- Mustard, catsup, pickles, olives
- Soy sauce, Worcestershire sauce
- Wrigley's chewing gums and some other chewing gums

Brand names are used for illustration purposes only and do not constitute an endorsement by Cooperative Extension.