



Keeping well lactose free when you are lactose intolerant

Lactose intolerance means that you do not have enough lactase enzyme from your pancreas to properly digest the milk sugar, lactose, in your small intestine. Undigested lactose passes into your colon where it is fermented by colonic microflora, which causes the unpleasant symptoms. With diarrhea, you lose fluid and valuable nutrients.

Bloating, stomach pain, flatulence and diarrhoea are symptoms of fermentation of undigested lactose in your colon.

To avoid this digestive upset, you need to minimize your consumption of lactose containing foods. It is common to be able to tolerate up to about 12g lactose if spread through the day¹, but you need to assess your own tolerance.

Exclude all foods highest in lactose (see page 2).

Avoid processed foods that contain lactose (see page 3).

If you feel better, then reintroduce small amounts of lactose containing foods and assess how you react.

- Choose mature, hard cheeses and soft cheeses with most whey removed.
- Choose full fat natural yoghurts with no added milk solids and containing live cultures that have predigested the lactose.
- Limit yourself to up to half cup whole milk with cereals or used in tea and coffee during the day.
- Use cream in coffee.

Dairy allergy ...is different.

This is an immune reaction to the protein content in milk (casein or whey) when undigested protein passes from the small intestine into a person's blood stream through a "leaky gut".

Yalna pot-set yoghurts are a good choice

Other options:

You can buy lactose free dairy products from most supermarkets.

Lactose-free dairy product brands include:

- Lactaid www.lactaid.com
- Harvey www.harveyfresh.com.au
- Zymil www.pauls.com.au/milk/lactose-free
- Liddells www.liddells.com.au

You can add drops of lactose-digesting enzymes to regular milk products.

- Lact-easy drops by Pharmotech².
Tel 03 9531 6667 or order through pharmacies.
- Lacteeze enzyme drops from www.alternativehealth.com.au/Product/lacteeze.htm



Lactose content of dairy products¹

Milks	g / 100 g	Cottage cheese, reduced fat	3.3
Skimmed milk	4.8	Cream cheese	Trace
Whole milk	4.6	Danish blue	Trace
Condensed milk	12.3	Stilton	0.1
Dried skimmed milk	52.9	Edam/gouda	Trace
Evaporated whole milk	8.5	Feta	1.4
Goat milk	4.4	Goats cheese	0.9
Sheep milk	5.1	Mozzarella	Trace
Creams	g / 100 g	Parmesan	0.9
Cream, single	2.2	Processed cheese slices	5.0
Cream, double	1.7	Yoghurt	g / 100 g
Sour cream	2.7	Plain	4.7
Crème fraiche	2.1	Fruit	4.0
Imitation cream	2.3-6.8	Drinking yoghurt	4.0
Cheeses	g / 100 g	Tzatziki	0.3
Brie/ camembert	Trace	Puddings	g / 100 g
Cheddar	0.1	Ice cream dairy vanilla	4.8
Cheese spread	4.4	Rice pudding	3.9
Cheese spread, reduced fat	7.3	Custard made with whole milk	5.2
Cottage cheese	3.1	Chocolate mousse	3.8

ALERT! If you are severely lactose intolerant, be aware of medications that contain lactose as a filler ingredient in tablets and capsules, including many birth control pills, tablets for acid reflux and gas, and calcium chews⁵.

The small quantities should not affect most people, but discuss with your doctor or pharmacist and consider lactose-free alternatives.



Taking care with processed foods⁴

Eat	Avoid
<p><u>Dairy</u></p> <ul style="list-style-type: none"> • Canned nutrition drinks made with soy instead of milk, such as Ensure™ • Lactose free or lactose reduced milk • Non-dairy creamers (read labels to be sure) • Rice, soy, almond, oat milk drinks 	<ul style="list-style-type: none"> • Buttermilk • Cheese spreads and cheese foods • Cream and sour cream • Evaporated & condensed milk • Hot chocolate mixes • Ice cream • Kefir cultured milk drink • Malted milk • Milk (Skim, 1%, 2%, whole) • Processed cheeses • Sherbet • Sweet acidophilus or lactobacillus milk • Yoghurt thickened with milk-solids • Whey
<p><u>Breads and starches</u></p> <ul style="list-style-type: none"> • Italian & French breads, made without milk • Cereals made without milk • Pasta, noodles, macaroni • Potatoes, rice, barley, other cooked grains • Rice cakes without cheese topping • Whole grain crackers 	<ul style="list-style-type: none"> • Dry cereal with milk • Frozen potato foods with milk or lactose • Instant mashed potato mixes • Prepared breads, muffins, biscuits, or rolls made with milk • Pancakes or waffles made with milk products
<p><u>Fats</u></p> <ul style="list-style-type: none"> • Oils • Shortenings • Some salad dressings (check labels) 	<ul style="list-style-type: none"> • Butter • Margarines with butter or milk • Party dips
<p><u>Fruits and vegetables</u></p> <ul style="list-style-type: none"> • All fresh fruits & vegetables and their juices • Cooked or baked fruits & vegetables made without milk products 	<ul style="list-style-type: none"> • Creamed vegetables • Fruit smoothies made with yogurt • Fruits or vegetables processed with lactose • Vegetables coated in batter
<p><u>Meats and other proteins</u></p> <ul style="list-style-type: none"> • All fresh cooked, plain meats, fish, & poultry • Cooked dried peas & beans • Eggs cooked without milk • Peanut butter, nuts, & seeds • Soy products 	<ul style="list-style-type: none"> • Breaded or batter-dipped meat, fish, or poultry • Egg dishes made with milk • Main dishes with cheese such as pizza, burritos, tacos, or casseroles • Meats in cream sauces • Processed meats with milk or lactose (hot dogs, cold cuts, deli meats)
<p><u>Soups, sauces and seasonings</u></p> <ul style="list-style-type: none"> • Broth, bouillon, consommé • Gravies made with water • Plain herbs & spices • Vegetable or meat soups without milk 	<ul style="list-style-type: none"> • Chowders • Cream soups • Soup mixes with milk products • Whipped cream • White sauces & gravies
<p><u>Sweets and desserts</u></p> <ul style="list-style-type: none"> • Angel food cake • Dairy-free frozen desserts made with rice or soy • Frozen pureed fruit bars • Fruit ices & sorbets • Gelatin desserts without milk or whipped cream • Honey, sugar, syrups, molasses, & powdered sweeteners • Jellies, jams, preserves • Pies, cakes, other baked foods without milk 	<ul style="list-style-type: none"> • Cookies, cakes, pies, pastries, desserts with milk • Cream or cheese filled pastries • Fudge, coated candies, & chocolates • Pudding & custard • Sherbet, ice milk, ice cream • Toffee, butterscotch, or caramels • Whipped cream



Some meal ideas

easy to prepare from fresh, wholefood ingredients:

<p><u>Breakfast</u></p> <ul style="list-style-type: none"> • Eggs, bacon, hash browns • Lentils, baked beans, mince on sourdough toast • Quinoa and fruit porridges • Non-dairy smoothies and yoghurts • Cereals with non-dairy milk • Vegetable frittatas 	<p><u>Packed lunches and snack food</u></p> <ul style="list-style-type: none"> • Salad wraps • Rice salad • Cooked chicken legs, meat balls (kept cool) • Boiled eggs and small potatoes • Vegetable dips • Fresh fruit and vegetables • Nuts, raisins
<p><u>Lunches or dinner</u></p> <ul style="list-style-type: none"> • Meat balls or burgers • Various forms of cold meat • Spaghetti with meat or vegetable sauce • Meat and/or vegetable casseroles • Fish • Stuffed baked potatoes • Meat or vegetable curries with coconut sauce • Soups and salads 	<p><u>Desserts</u></p> <ul style="list-style-type: none"> • Fruit jellies • Fruit crumbles • Poached fruit with cashew cream • Sorbets • Baked goods using oils instead of butter • Coconut cream based puddings

Getting calcium from other foods

With limited dairy foods, eat plenty of other useful food sources of calcium:

<p>Leafy dark green vegetables <i>esp. Kale, bok choy, cabbage, broccoli, spinach</i></p>	<p>130 mg in 1 cup steamed bok choy</p>	<p>Calcium is important for bone health, blood clotting, nerve function and enzyme activity.</p> <p>Recommended daily intake is</p> <p>800 mg*; 1000 mg if post menopause; 1100 mg if pregnant; 1200 mg if breastfeeding</p> <hr/> <p>*Research indicates that a daily intake of 740 mg is optimum⁶</p>
<p>Fish with bones <i>esp. Sardines, pilchards</i></p>	<p>430 mg in 100g serve sardines</p>	
<p>Fermented soy products <i>esp. tempeh</i></p>	<p>77 mg in ½ cup steamed tempeh</p>	
<p>Legumes <i>esp. Kidney beans, chickpeas, lentils</i></p>	<p>38 mg in ½ cup cooked chickpeas or 62 mg in ½ cup humus</p>	
<p>Nuts <i>esp. Almonds, Brazil nuts, hazelnuts</i></p>	<p>49 mg in 2 Tbsp almonds</p>	
<p>Seeds <i>esp. Sesame seeds, sunflower seeds</i></p>	<p>66 mg in 1 Tbsp tahini</p>	
<p>Dried fruit <i>esp. Figs, apricots, currants</i></p>	<p>38 mg in 1 dried fig</p>	
<p>Blackstrap molasses</p>	<p>172 mg in 1 Tbsp</p>	