

Low Lactose Diet (Lactose Controlled Diet)

What is lactose?

Lactose is a sugar found in dairy products. **The doctor or dietitian would like your child to have a diet low in lactose.**

What is lactose intolerance?

People who are lactose intolerant are not able to digest lactose easily. Symptoms may include:

- nausea
- cramping
- bloating
- gas
- diarrhea

Limiting or avoiding milk and dairy products may help symptoms in about 3 to 5 days.

Lactose intolerance may be permanent. If caused by illness, surgery or infection, it could be temporary.

Food group	Recommended Foods
Lactose-Free Milk and Non-Dairy Foods	Lactose-free milk; almond, rice or soy milk, soy yogurt or soy cheese; almond milk cheese; soy-based sour cream; lactose free nutritional supplements such as Pediasure®.
Low-Lactose Dairy Foods	Some children may tolerate foods that are low in lactose (less than 1 gram per serving). Some options to try include: aged cheeses such as Swiss, Cheddar or Parmesan, yogurt with active cultures, cream cheese, cottage cheese and ricotta cheese.
Grains, Protein, Fruits and Vegetables	All except those prepared with milk or milk products.
Desserts and Sweets	Fruit ice, Popsicles®, gelatin, soy ice cream, rice ice cream, lactose-free tofu desserts, jam, jelly, marshmallows, molasses, unsweetened cocoa.
Fats and Oils	Vegetable or nut oils and milk-free margarine. Butter may be tolerated.
Other	Spices and herbs

Read ingredient lists on food labels.

Avoid foods that contain butter, cream, milk, milk solids, or whey.

What about supplements?

Lactase: A lactase supplement may help to digest lactose. It comes in liquid or a tablet form. The liquid drops should be added to milk 24 hours before your child drinks the milk. Lactaid® tablets are taken just before eating a meal or snack that has milk products in it.

Calcium: When children do not get milk and dairy products, they will need calcium from other foods. Calcium-fortified foods include:

- soy milk
- fruit juice
- waffles
- pasta
- cereals
- snack bars

Look for calcium on the Nutrition Facts label. The % Daily Value is based on 1,000 mg calcium per day. A food with 20% Daily Value for calcium would have 200 mg calcium.

Some children who are lactose intolerant may need a calcium or vitamin supplement. Talk with the doctor or dietitian about your child's needs.

Calcium needs:

Age	Daily calcium needed*
0 to 6 months	200 mg
6 to 12 months	260 mg
1 to 3 years	700 mg
4 to 8 years	1000 mg
9 to 18 years	1300 mg

*Based on 2011 Dietary Reference intakes

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.