



Lactose Free Diet

	Foods Allowed	Foods Excluded
Beverages	Isomil, Prosobee, Pregestimil, mocha mix, meat base formulas used as milk substitutes, carbonated drinks, coffee, freeze dried coffee, some instant coffees (<i>check labels</i>), fruit drinks, Lidalac and other lactose free milks or milk treated with lactase enzymes, Ensure or Ensure Plus, Citroetin, Nutramigen and Nutri 1000 LF.	All untreated milk of any species, all products containing milk (<i>except lactose free milk</i>) such as skim, dried, evaporated or condensed milk; yogurt, cheese, ice cream, sorbet or malted milk, Ovaltine, hot chocolate, cocoa (<i>check labels</i>), instant coffee (<i>check labels</i>), powdered soft drinks with lactose curds, whey and casein milk that has been treated with a lactobacillus/acidophilus culture rather than lactase (<i>Ex. Nu-trish</i>).
Breads & Cereals	Breads and rolls made without milk, Italian bread, some cooked and prepared cereals (<i>check labels</i>), macaroni, spaghetti and soda crackers.	Commercial breads and rolls with added milk solids, prepared mixes (muffins, biscuits, waffles or pancakes) Some dry cereals such as Total, Special K and Cocoa Krispies (<i>check labels</i>), Instant Cream of Wheat, zwieback and French toast made with milk.
Desserts	Water and fruit ices, gelatin, angel food cake, homemade cakes, pies and cookies made from allowed ingredients and puddings made with water.	Sherbets or ice cream made with milk, gelatin made with carrageenan, pie crust made with butter or margarine, commercial cakes, cookies and mixes, custards and puddings or anything containing chocolate.
Eggs	All.	Omelets and soufflés containing milk.
Fats	Margarines or dressings with no milk or milk products, oils, shortening, bacon, Rich's Whipped Topping, some non-dairy creamers (<i>check labels</i>), nut butters and nuts.	Margarines or dressing containing milk or milk products, butter cream, cream cheese, peanut butter with milk solids fillers or salad dressings containing lactose.
Fruits	Fresh, canned or frozen fruit not processed with lactose.	Any canned or frozen fruit processed with lactose.
Meat	Plain beef, chicken, fish, turkey, lamb, veal, pork and ham, strained or junior meats, vegetable and meat combinations that do not contain milk or milk products and kosher frankfurters.	Creamed or breaded meat, fish or fowl, sausage products (<i>wieners, liver sausage, or cold cuts containing nonfat milk solids; cheese</i>).
Misc.	Soy Sauce, carob powder, popcorn, olives, pure sugar candy, jelly or marmalade, sugar, corn syrup, gravy made with water, baker's cocoa, pickles, pure seasonings and spices, wine and molasses (<i>beet sugar</i>), instant coffees (not containing lactose).	Chewing gum, chocolate, some cocoas, toffee, peppermint, butterscotch, caramels, dietetic preparations (<i>read labels</i>), certain antibiotics and vitamin/mineral preparations, spice blends if they contain milk products, artificial sweeteners containing lactose such as Equal, Sweet 'n Low, Wee Cal and some non-dairy creamers.
Soups	Clear, vegetable, consommés and cream soups made with mocha mix or non-dairy creamer.	Cream soups unless made with allowed ingredients, chowders or commercially prepared soups containing lactose.
Vegetables	<i>Fresh, canned or frozen:</i> artichokes, asparagus, beets, broccoli, cabbage, carrots, cauliflower, celery, chard, corn, cucumber, eggplant, green beans, kale, lettuce, lima beans, mustard, okra, onions, parsley, parsnips, pumpkin, rutabagas, spinach, squash, tomatoes, white and sweet potatoes and yams.	Any to which lactose is added during processing; peas creamed, breaded or buttered vegetables, instant potatoes or corn curls and French fries if processed with lactose.