

## Digestive & Liver Specialists of Houston

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### ABOUT THE LACTOSE-RESTRICTED DIET

Lactose is a unique sugar, which occurs naturally only in milk. It dissolves easily and is less sweet than other sugars. As a consequence, it is often used in commercial food products. Many tablets and pills contain lactose, but usually in trace amounts.

Almost no one is totally lactose-intolerant, and this diet is intended to be an initial, or trial diet. During the trial period advised by your physician, it is recommended that you adhere strictly to this diet unless it is impossible. Once symptoms are controlled, individual experimentation is encouraged to determine your tolerance to lactose. (With the passage of time, *your tolerance may diminish*, and a trial return to the lactose-free diet, with reintroduction of foods may be necessary.)

**LactAid** is available in health food stores and pharmacies. It is the enzyme (lactase), which splits the milk sugar (lactose) into two sugars, which are readily absorbed. When added to milk, it often permits lactose-intolerant individuals to use milk, because it reduces its lactose content by 70-90%. LactAid may be tried after the initial period, when symptoms are better controlled. (It will make the milk taste sweeter.)

**Fermented** or cultured milk products, such as cottage and ricotta cheese, yogurt, and buttermilk are often tolerated by lactose-intolerant individuals. **After symptoms are controlled, these products may be tried.**

**Natural aging** of cheese minimizes its lactose content. (In the making of cheese, most of the lactose is removed in the whey, as it is separated out. In the final ripening process, the small amount of lactose still included is transformed into an easily digested by-product.) Hence, most of the aged cheese products are well tolerated. (Unlikely to be tolerated are American and processed cheese, cheese

spreads, imitation cheese and cheese foods. These are not aged and extra milk solids have been added.) **After symptoms are controlled, these products may be tried.**

All labels should be read carefully for the addition of lactose, whey, milk, dry milk solids, and nonfat dry milk. Lactose-free food information is also available in lists from various food companies. (Incidentally, lactalbumin, lactate, and certain calcium compounds are often mentioned on labels. These do not contain lactose.)

If you need to avoid milk for any length of time, taking vitamins, containing calcium and vitamin D is advised. Additional quantities are necessary during pregnancy and nursing. These non-prescription tablets can be purchased at any pharmacy.

## FOODS ALLOWED

### **Desserts and Fruits**

Any made without milk or milk products, such as angel food cake, gelatin desserts, most fruit pies, fruit ices, homemade cakes, and cookies made from acceptable ingredients. Packaged mixed for cakes, pudding, etc., without lactose, whey or milk solids. Any plain fruit, fresh, canned, frozen or dried. Yogurt, if tolerated.

### **Fats Oils, & Nuts**

Bacon, milk-free margarine, such as Shedd's spread®, Diet Imperial®, Willow Run®; diet imitation margarine, salad dressings, without milk solids; vegetable oils and shortening, olives mayonnaise; non-dairy cream, such as Coffeemate®, and Coffee Rich®, and whipped toppings without milk products added. Any kind or nuts.

### **Meats and Meat Substitutes**

Any plain meat, fish, poultry or eggs, except those listed to be

avoided; Kosher prepared meat products; peanut butter, BallPark®, frankfurters and other sausage products without milk solids; soybean meat substitutes; dried peas, beans and lentils prepared without milk or milk products; hard ripened cheeses, such as Blue, Brick, Brie, Cheddar, Colby, Edam, Gouda, Monterey, Parmesan, and Swiss.

### **Potatoes and Starches**

Macaroni, noodles, rice spaghetti, white and sweet potatoes, except as listed to be avoided.

### **Seasonings**

Any, except those listed to be avoided; monosodium glutamate, if 100% pure.

### **Soups**

Bouillon, broth and meat stock soups

## FOODS TO BE AVOIDED

Commercial desserts and other prepared with milk and milk products: pudding, sherbet and ice cream; most chocolate desserts, most soufflés and mousses, strained infant desserts.

Most dairy and non-dairy coffee creamers, sour cream, cream cheese, margarine containing milk solids; cheese dips sauces and salad dressings containing milk or milk products.

Breaded or creamed eggs, fish meat or poultry; luncheon meats, sausage, liver sausage and frankfurters containing milk solids.

Creamed and scalloped potatoes, au gratin potatoes, instant potatoes and other commercial products with milk added, (macaroni & cheese mixes.)

Condiments with lactose added and some spice blends

Creamed soups canned and dehydrated soup mixes if lactose is added.

### **Sweets & Candies**

Brown, granulated and powdered sugar; corn syrup, honey, jams, jellies, hard candies and any candy made without milk, lactose or margarine.

### **Vegetables**

Fresh, frozen and canned, with our milk or milk products.

### **Beverages**

Lactaid®, Coffee, Postum®, tea, Coffee Rich®, carbonated beverages, fruit drinks if lactose-free, instant ice tea if 100% tea; soybean milks such as Soyagen®, Soyamel®, Isomil®, Nursoy®, NeoMullsoy®, ProSobee®, Sustacal®, Ensure®. Alcoholic beverages (except wines with added sugar), cocoa powder or Nestle's Quick®, if mixed with water or soybean milk.

### **Breads, Rolls, & Cereals**

Water-based bread or rolls (most Italian, French, Vienna or Jewish rye bread), Ry-Krisp®, some crackers such as Ritz®, or Zesta®; graham crackers, and other crackers without milk products. Rusk, almost any Jewish bakery product. Any kind of cereal, cooked or dry, if no lactose is added; infant cereals without lactose or milk added.

## Miscellaneous

Popcorn (unbuttered), pretzels, mustard catsup, and pickles; gravies and sauces made without milk or milk products; flavoring and extracts.

Breads and rolls which milk or lactose is added, biscuits, muffins, pancakes, sweet rolls, doughnuts, waffles, hamburgers, and hot dog buns unless made without milk. Instant cereals, and cereals such as Special K®, and Cocoa Krispies®, to which milk products have been added.

Chocolate and cream candies, toffee, peppermints, butterscotch, caramels, sugar substitutes with lactose added.

Chewing gum, Korn Kurls®, and any products containing **milk, lactose, whey, dry milk solids, non-fat dry milk;** cream sauces, milk gravy; ascorbic acid tablets or citric acid mixture containing lactose.

Creamed or breaded vegetables or vegetables with margarine added.

Whole milk, low-fat milk, skim milk, powdered milk, sweetened condensed milk, chocolate milk, instant iced tea mixes, Ovaltine®, chocolate drink mixes. Cream, half and half, fruit drinks if they contain lactose, wine with sugar added, some cordials and liqueurs.