



**California Division North  
Nutritional Services  
Diet - Menu**

**Subject/Title: LACTOSE RESTRICTED DIET  
Order As: LOLACT**

**GOALS OF DIETARY MANAGEMENT:**

A lactose-restricted diet may be recommended for those persons with symptoms of lactose intolerance or those who have been diagnosed with lactose deficiency.

**DIET PRINCIPLES:**

The diet is limited in its content of the disaccharide lactose. It provides an amount of lactose small enough not to cause recurrence of symptoms in the mild form of lactose intolerance.

Note: the diet can be modified to eliminate all lactose if required.

**ADEQUACY:**

The diet may be low in calcium, riboflavin and vitamin D, depending on the degree of lactose restriction and the requirements of the person receiving the diet. Lactates free supplements may be used to insure adequacy of intake within the prescribed diet order.

**GUIDELINES:**

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
BEVERAGES	4 – 8 Ounces Lactaid Milk If tolerated	Prepared Drinks with Milk or Milk Product
SOUPS	Broth type soups	Cream or milk soups
MEATS	All	Those prepared with milk
EGGS	All	Those containing milk
CHEESE	Aged Cheese Processed Cheese	Cottage Cheese Ricotta Cheese Spread
POTATO	All	Creamed with milk

BREADS	Bread, Quick Breads	Any prepared with Rolls, crackers milk
VEGETABLES	All	Used milk in preparation
FRUITS & JUICES	All	Those prepared with Lactose
FATS	Margarine, oils	Butter, Cream, Whipped Cream
SNACKS	All except those containing dairy	Those made with milk

Avoid foods or supplements containing such foods as milk, milk solids, whey, curd, lactose, nonfat (skim) milk powder, nonfat (skim) milk solids.

May use Lactose-free milk (such as Lactaid-100 or Vita-Mite), soy milk, or fortified rice milk.

### SAMPLE MENU

<u>Breakfast</u>		<u>Lunch</u>		<u>Dinner</u>	
Orange juice	½ cup	Vegetable soup	1 cup	Green salad	3 ½ oz
Whole-grain cereal	¾ cup	Saltine crackers	4	Oil and vinegar	
Banana	½	Roast beef	3 oz	dressing	1 tbsp
Whole wheat bread	2 slices	Bread	2 slices	Lean meat or chicken	3 oz
Margarine	2 tsp	Catchup	1 tbsp	Rice	½ cup
Jelly or jam	1 tbsp	Mustard	1 tbsp	Green vegetable	½ cup
Lactose-reduced		Sliced tomato (2 oz)		Roll	1
2% milk	1 cup	and lettuce		Margarine	2 tsp
Coffee/tea		Fresh fruit salad	½ cup	Fresh fruit	1
		Graham crackers	4	Coffee/tea	
		Lactose-reduced			
		2% milk	1 cup		
		Coffee/tea			