

# Food Sources of Lactose



## Information about Lactose

Lactose is a natural sugar found in milk and dairy products. An enzyme called lactase is needed for your body to break down (digest) and absorb lactose.

## Lactose Content of Some Common Foods

Lactose is found in all milk products and may be added as an ingredient to many different foods and beverages.

Read the ingredient list on product labels to find out if the product contains a lactose-containing food. Food items to look out for include:

Milk	Milk solids	Malted milk
Buttermilk	Curds	Cheese flavours
Non-fat milk powder	Non-fat milk solids	Sweet or sour cream
Lactose	Whey	Yogurt

Use the following table to help choose foods that are low in lactose. Most people are able to tolerate less than 6 g of lactose at one time. Eating small amounts of lactose-containing foods or beverages with a meal also helps to decrease symptoms of lactose intolerance.

Food Group	Serving size	Lactose (g)
<b>Vegetables and Fruit</b>		
These foods contain very little lactose. Vegetables and fruits that may contain lactose include those prepared with milk or milk products such as creamed vegetables or covered in cream sauce, fruit in pudding or custard, or breaded and battered vegetables.		
<b>Grain Products</b>		
Some grain products are prepared with milk or milk products and may need to be avoided, or eaten in small amounts. Examples include waffles, crepes and pancakes, pasta or noodle mixes prepared with lactose-containing ingredients, and some breakfast cereals.		

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<b>Milk and Alternatives</b>		
Sweetened, condensed	125 mL (½ cup)	15
Homogenized 3.3%, 2%, 1%, skim	250 mL (1 cup)	12-13
Hot chocolate, homemade, 3.3% or 2% milk	250 mL (1 cup)	12
Goat's milk	250 mL (1 cup)	11
Chocolate milk	250 mL (1 cup)	10
Buttermilk	250 mL (1 cup)	9
Ice milk	125 mL (½ cup)	9
Coffee latte, made with milk	175 mL (¾ cup)	7
Yogurt (note: the cultures in yogurt help to digest lactose)	175 mL (¾ cup)	6-8.5
Pudding and custard, made with milk	125 mL (½ cup)	6
Frozen yogurt	125 mL (½ cup)	4.5
Ice cream	125 mL (½ cup)	3-6
Cottage cheese	125 mL (½ cup)	3
Sour cream	60 mL (¼ cup)	2
Evaporated milk	15 mL (1 Tbsp)	1.5
Cream cheese	50 g (1½ oz)	1.5
Blue cheese	50 g (1½ oz)	1
Cheese slice	1 slice (1 oz)	less than 1
Hard cheese (mozzarella, Swiss/Emmental, Parmesan, cheddar)	50 g (1½ oz)	less than 1
Lactaid® or Lacteeze® milk	250 mL (1 cup)	less than 1
Soy beverage	250 mL (1 cup)	0
Rice beverage	250 mL (1 cup)	0
Soy yogurt	175 g (¾ cup)	0
<b>Meat and Alternatives</b>		
<p>These foods contain very little lactose. Meat and alternative products that may include lactose include those prepared with milk or milk products such as some processed meat, breaded or battered meat or fish, commercial egg substitutes, scrambled eggs, soufflés.</p>		

### Fats and Oils

These foods contain very little lactose. Fat and oil products that may include lactose include those prepared with milk or milk products such as butter or margarine made with milk or whey powder and salad dressings (e.g. ranch style or buttermilk).

### Other Foods

Prepared foods made with milk or milk products may include lactose. These include:

- store bought gravy or sauce mixes
- vegetable or chip dips
- soups
- chips or snack crackers (e.g. cheese or ranch flavoured)
- sugar substitutes made with lactose (e.g. Equal®)
- artificial whipped toppings
- powdered meal replacement supplements
- hot chocolate mixes
- cream-based liqueurs.

Sources:

Canadian Nutrient File available from [cited 2012 Dec 3]:

<http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php>

and Pennington JAT, Spungen JS. 2009. *Bowes and Church's Food Values of Portions Commonly Used*. 19th edition. Baltimore; Lippincott Williams & Wilkins. pg 359-371.

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