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Lactose Intolerance Instructions

1. Common food substitutions to maintain adequate calcium nutrition:

Do NOT use:	USE these instead:
Milk	Lactaid-100 or Dairy Ease-100 brands of milk. Available in grocery stores as lowfat, regular and high calcium
Cheese	Lactose -Free Cheese In grocery store Smartbeat brand (similar to American Cheese) In Health Food stores (Whole Foods, Sunset and Treasure Island) there are dozens of lactose-free cheeses.
Butter/Spreads with butter	margarine
Ice Cream or TCBY style frozen yogurts	Mocha Mix (in the freezer section) is non-dairy Dannon, Kemps, Ben&Jerry, Columbo Frozen Yogurt (with active and live cultures) is OK even though it contains milk. The active cultures remove the lactose Hagen-Daz Sorbet is a dairy free sorbet or sherbet.
yogurt	Those with active and live cultures (Dannon) are OK because the cultures remove the lactose.

2. Read the ingredients label on everything you eat. If it contains the words:

milk, cheese, butter, or ice cream

then avoid these products. If you cannot avoid them, see item 3, below.

3. Lactaid, Dairy Ease, and less expensive generic "Milk Digestant" tablets (Major Pharmaceuticals) are available without a prescription. CHEW the tablets WITH the food which contains small quantities of milk. Chew 3 to 4 tablets with a sandwich if the bread contains milk, such as white bread or a McDonalds or Burger King bun or for a slice of pizza. The tablets do not work as well as avoiding the dairy products.

4. Find books on lactose intolerance at your public library.

5. If you have occasional cramps, gas and diarrhea write down everything eaten in the preceding 3-4 hours. If you cannot identify the offending food from its ingredients label, try an elimination test by eating the same meal over and over, but leaving out one item at a time until you find the problem.

6. In restaurants, ask the waitress to prepare foods without butter or cheese. Oil or margarine is OK. Buckwheat pancakes without butter are OK, buttermilk ones are not. Don't add milk to scrambled-egg batter or mashed potatoes. Chicken nuggets are safe at a fast-food restaurant. Everything at a Subway shop is ok except the cheese. Fruit is a safe dessert. Matts Cookies and Duncan Hines cake mixes have no lactose. Grain breads, dark breads, Italian and French breads and bagels are OK, white bread may contain milk. Kellogg's cereals usually contain milk.

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