

## Food Sources of 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.

Use the following table to help you 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 may also help to decrease symptoms of lactose intolerance.

<i>Food</i>	<i>Serving Size</i>	<i>Lactose (g)</i>
<i>Milk and Dairy Products</i>		
Sweetened, condensed milk	125 mL (½ cup)	13
Milk, whole/homogenized 3.25%, 2%, 1%, skim	250 mL (1 cup)	13
Hot chocolate, homemade, 3.25% or 2% milk	250 mL (1 cup)	12
Goat's milk	250 mL (1 cup)	11
Chocolate milk	250 mL (1 cup)	10
Whey, sweet	250 mL (1 cup)	11
Buttermilk	250 mL (1 cup)	9
Ice milk	125 mL (½ cup)	8
Coffee latté, made with milk	175 g (¾ cup)	7
Yogurt, including Greek varieties Note: the cultures in yogurt help to digest lactose	175 g (¾ cup)	4-7

Pudding and custard, made with milk	125 mL (½ cup)	5-7
<i>Food</i>	<i>Serving Size</i>	<i>Lactose (g)</i>
Cream soup, milk added	250 mL (1 cup)	7
Kefir, 2-3.9% M.F.	175 mL	6
Ice cream	125 mL (½ cup)	3
Cottage cheese, 4.5% and 2%	125 mL (½ cup)	3-4.5
Sour cream, 2%, light and fat free	60 mL (¼ cup)	2-3.5
Evaporated milk	15 mL (1 Tbsp)	1.5
Cream cheese, regular and light	50 g (1½ oz)	1.5-3
Soy yogurt	175 g (¾ cup)	0-1
Cheese slice	1 slice, 21 g (1 oz)	1-2
Hard cheese (mozzarella, Swiss / Emmental, Parmesan, cheddar)	50 g (1½ oz)	less than 1
Lactose-free milk	250 mL (1 cup)	less than 1
Almond or soy beverage	250 mL (1 cup)	0
<i>Vegetables and Fruit</i>		
Vegetables and fruit do not contain lactose. Vegetables and fruit that are prepared with milk or milk products, such as vegetables with cream sauce, breaded and battered vegetables and fruit in pudding or custard may need to be avoided or eaten in small amounts.		
<i>Grains and Grain Products</i>		
Grains do not contain lactose. Grain products that are prepared with milk or milk products such as waffles, crepes, French toast and pancakes, pasta or noodle sauces or mixes and some breakfast cereals may need to be avoided or eaten in small amounts.		
<i>Meat, Fish, Poultry, Eggs and Legumes</i>		

These foods do not contain lactose. You may need to avoid these foods or eat them in small amounts when they are prepared with milk or milk products. Examples include some processed meats, breaded or battered meat or fish, commercial egg substitutes, scrambled eggs and soufflés.

### *Fats and Oils*

These foods do not contain lactose. Lactose may be in butter or margarine and salad dressings (such as ranch style or buttermilk) made with milk or dairy products such as whey.

### *Other Foods*

Prepared foods made with milk or milk products may contain lactose. Check the ingredient list. These include:

- | store bought gravy or sauce mixes
- | vegetable or chip dips
- | flavoured chips or snack crackers, such as cheese or ranch
- | sugar substitutes made with lactose, such as Equal<sup>®</sup>
- | artificial whipped toppings
- | meal replacement supplements
- | hot chocolate and mixes
- | cream-based liqueurs
- | milk-based energy drinks.

Sources: Canadian Nutrient File 2015; Bowes and Church's Food Values of Portions Commonly Used, 19th Ed, 2010; Milkingredients.ca; USDA Food Composition Databases 2019; lactaid.ca.



## **Additional Resources**

- | Eating Guidelines for Managing Lactose Intolerance

<https://www.pennutrition.com/viewhandout.aspx?Portal=UbY=&id=JMfsXgw=&PreviewHandout=bA==>

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