



## Low Lactose Diet

The low lactose diet may be helpful for people with gas, cramps, and diarrhea caused by drinking milk. Usually, it is good to eat & drink plenty of low-fat milk products. Milk is a good source of calcium, vitamin D and protein. However, with certain intestinal conditions or after stomach or intestinal surgery, eating & drinking less milk & milk products may help you feel better. This diet should only be followed at the recommendation of your doctor. Your doctor will tell you when you can return to eating a regular diet.

### What foods & beverages can I eat on a low lactose diet?

Milk	Try limiting milk to ¼ - ½ cup with meals.
Yogurt, cheese	Do not cause problems for most people.
Dairy foods	Eat less: ice cream, cottage cheese, cheese spreads, cream, cream soup, pudding.
Packaged foods	<b>Read labels</b> to avoid eating foods with added lactose or milk solids.

### What else should I know about following this diet?

- Drink milk and eat dairy foods with other foods, not alone. Spread foods containing lactose throughout the day.
- If you find you feel sick with even small amounts of milk, buy “lactose-free” milk or dairy foods from the grocery store and see if that helps. You can also try using calcium-fortified soy milk.
- Try taking lactase tablets with milk or dairy foods. You can buy these at the drug store.
- **If you find making these changes doesn't help the pain, ask your doctor for a diet review with a dietitian. The dietitian will help provide more information about label reading and foods to avoid, special products to help and ideas to make food choices easier.**
- If you must follow the low lactose diet for a long period of time, ask your doctor for a calcium supplement that also has Vitamin D.
- Tell your pharmacist as lactose is added to many medications.

### What should I eat & drink at my meals?

Try these sample menus for ideas:

**Breakfast** - Corn flakes with banana & ½ cup milk, orange juice, scrambled egg with toast, margarine & jelly, coffee & sugar

**Lunch** - Turkey sandwich on bread with lettuce and tomato, gelatin with canned peaches, iced tea, angel food cake

**Dinner** - Grilled lean hamburger on a bun with ketchup/mustard/pickles, mashed potatoes & margarine, green beans, ½ cup milk & cantaloupe slice

**Snack** - Sugar cookie and ½ cup lemonade or pretzels and soft drink or American cheese on saltine crackers

**Please call the St. Luke's Nutrition Center at 319/369-7440 if you have a question or for an appointment with the dietitian. A doctor's referral is required for an appointment.**