



## Modified for GI Disorders

### Low Lactose Diet

#### General Description

The diet limits sources of the disaccharide lactose, most commonly found in milk and milk products.

#### Indications for Use

The diet is indicated for patients deficient in the intestinal enzyme lactase. The deficiency of lactase results in the inability to hydrolyze lactose to glucose and galactose. Undigested lactose that is not absorbed, remains in the intestinal lumen where it ferments and causes abdominal cramps, increased motility, distension, and osmotic diarrhea<sup>1</sup>.

#### Nutritional Adequacy

In comparison to the Recommended Dietary Allowances, this diet may be inadequate in calcium, riboflavin, and Vitamin D. The inadequacy is dependent on the amount of milk and fermented milk products the individual can tolerate and age-dependent nutrient requirements. Consideration for iron supplementation are the same as for the regular diet.

#### Guidelines

#### Low Lactose Diet

| <b>Food Groups</b>   | <b>Foods Allowed</b>  | <b>Foods Not Allowed</b>  |
|----------------------|---|---|
| Dairy                | Lactose-hydrolyzed milk, acidophilus milk (yogurt, buttermilk, and aged cheeses such as cheddar may be tolerated by certain individuals) <sup>2</sup> . | All milk, instant breakfast drink, eggnog, milkshakes, cheeses including American and cottage cheese. |
| Meat or Substitute   | Plain meats, fish, poultry, legumes.  | Any prepared with dairy products not allowed (combination dishes).                                    |
| Eggs                 | Scrambled, poached, fried, or hard-cooked.  | Any prepared with dairy products not allowed.   |
| Potato or Substitute | Plain potato, sweet potato, spaghetti, noodles, and rice.   | Any prepared with dairy products not allowed such as mashed potatoes or au gratin potatoes.           |

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|----------------------|--|---|
| Vegetable            | All plain vegetables.  | Any prepared with dairy products not allowed such as creamed vegetables.              |
| Fruit & Fruit Juices | Fresh or canned fruit or juices.   | None  |
| Breads & Cereals     | White, wheat, or rye bread; hard rolls, biscuits, muffins, doughnuts, saltines, hot or cold cereals. | Cream-filled doughnuts, french toast, pancakes.                                       |
| Fats                 | Margarine, non-dairy creamer, bacon, mayonnaise, salad dressings, brown gravy. Sour cream.           | Butter, cream, blue cheese dressing, cream gravy, cream cheese.                       |
| Beverages            | Tea, coffee, decaffeinated coffee, carbonated beverages, lactose-free supplements.                   | Any dairy-containing beverage.  |
| Soup                 | Clear broth, broth-based soups.  | Cream soup, chowders, any soup containing milk or cheese.                             |
| Desserts/Sweets      | Plain iced cakes, angelfood cake, fruit ice, gelatin, fruit pies, sugar, honey, jelly.               | Cakes made with dairy products not allowed, ice cream, puddings, custard, cream pies. |
| Miscellaneous        | Catsup, mustard, pickles, sugars, pepper, salt, spices, and seasonings.                              | Some non-nutritive sweeteners (check labels).   |

| <b>Breakfast</b>        | <b>Lunch</b>                 | <b>Dinner</b>                |
|-------------------------|------------------------------|------------------------------|
| Fruit or Fruit Juice    | Plain Meat, Fish, or Poultry | Plain Meat, Fish, or Poultry |
| Cereal                  | Potato or Substitute         | Potato or Substitute         |
| Egg                     | Plain Vegetable              | Plain Vegetable              |
| Bread                   | Salad/Dressing               | Salad/Dressing               |
| Margarine               | Fruit                        | Dessert                      |
| Jelly                   | Bread                        | Bread                        |
| Lactose-hydrolyzed Milk | Margarine                    | Lactose-hydrolyzed Milk      |
| Beverage                | Beverage                     | Beverage                     |

### References

1. Bayless, T.M. Disaccharidase deficiency. *JADA*, 60:478, 1972.
2. Gallagher, C., Molleson, A., Caldwell, J. Lactose intolerance and fermented dairy products. *JADA*, 65:418, 1974.