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DIPLOMATE, AMERICAN BOARDS
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Low-Lactose Diet

Indication: Lactose-intolerance, diarrhea, excessive gas

Recommended Foods:

- 100% lactose-free milk
- Soy milk
- Fruits and vegetables
- Rye bread
- Popcorn cakes
- Rice

Foods to Avoid:

- All other milk (unless lactase enzyme is added)
- All cheese
- Yogurt
- Ice cream
- Pizza
- Creamed or breaded vegetables
- Packaged potato mixes
- Breads, rolls, biscuits, muffins
- Pancakes

Note: Calcium supplementation is usually recommended in a low lactose diet.

Low-Lactose Sample Menu

Breakfast

Coffee/tea
Orange juice
Cooked oatmeal (no milk)
Melon
Non-dairy creamer
Whole-grain toast
Jelly or jam

Lunch

Turkey sandwich on Italian bread
Tossed green salad with tomatoes
Oil & vinegar salad dressing
Applesauce
Soft drink

Dinner

Chicken, fish, or beef
Rice or mashed potatoes
Broccoli
Steamed vegetables (e.g. broccoli, carrots, or green beans)
Dinner salad
Fruit salad

Snack

Banana
Lactose-reduced milk

