



Lactose Intolerance Diet

What is Lactose Intolerance?

Lactose is the sugar present in milk from cows, goats and sheep.

Lack of the enzyme, *lactase*, in our gut means the lactose is not digested and it ends up being fermented by bacteria in the large intestine. This can cause symptoms of diarrhoea, wind, abdominal bloating and discomfort.

Dietary Treatment

A reduced-lactose or lactose free diet is the treatment for lactose intolerance. The severity of symptoms depends on how much lactase enzyme you are still producing. Most people with lactose intolerance still produce a small amount of lactase and do not have to remove all milk from their diet. You may be able to tolerate small portions of dairy products over the day such as milk in tea and coffee. If you are unable to take the calcium fortified soy and lactose free milk alternatives you may need to take a calcium and vitamin D containing supplement. A Dietitian consult would be recommended.

Dietary Sources of Lactose

High in Lactose:

- milk (cow, sheep, goat)
- ice-cream
- products made from milk eg. custard, dairy desserts
- concentrated sources of milk eg. evaporated milk, sweetened condensed milk
- milk powders (skim and regular)

Moderate in Lactose:

- Yoghurt
- Soft cheeses (eg. ricotta, cottage, cream cheese)

Lactose Free:

- Hard cheeses. This includes all formed/ripened cheeses. The bacteria involved in the making of these cheeses remove all lactose.
- Butter and milk free margarines.
- Fruits, vegetables, meat, fish, chicken, eggs, rice, pasta, cereals, breads.
- Soy milk, soy yoghurt and soy ice-cream, tofu.
- Lactose free milks eg Zymil, Liddells and yoghurts.

Lactose intolerance may be one of several factors which can contribute to the symptoms of irritable bowel. Please see our Specialist Dietitian for further help.

Dietitian: Gabrielle Cocks

Phone 9791 8788 for an appointment