

ATLANTA DIGESTIVE CENTER

LACTOSE CONTROLLED, LOW FIBER, LOW RESIDUE DIET

The lactose controlled restricts the milk sugar and lactose which is found in milk and dairy products. Some commercial products are supplemented with milk or lactose and should be omitted. It is important to read labels for ingredient content as some lactose free versions of the food are available. This diet meets the Recommended Daily Allowance for all nutrients except riboflavin and calcium, unless foods are eaten from the milk group under “foods allowed”. This low residue diet restricts foods high in dietary fiber and limits foods that increase fecal residue such as milk and dairy products.

| FOOD GROUP | FOODS ALLOWED | FOODS NOT ALLOWED |
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| <u>MILK</u> | <u>Limit</u> to 2 cups per day of yogurt cultured buttermilk or sweet acidophilus milk. Soybean milks. Nutramagen. Non-dairy cream substitutes. | All regular milk (whole, low-fat, skim, dried, evaporated or condensed). Yogurt made with fruits “not allowed”. |
| <u>MEAT, FISH, POULTRY</u> | <u>Lean and Plain</u> : beef, fish, ham, lamb, pork, chicken, turkey, veal and liver. Shellfish. Meats should be baked, broiled, roasted or stewed. Peanut butter*. | Any breaded or prepared with milk or milk product. Any meat, fish or poultry which as been <u>fried, smoked</u> or has tough connective tissue. <u>All processed meats</u> such as franks, luncheon meats, canned meats, sausage Canadian bacon, and corned beef. All organ meat except liver |
| <u>EGG</u> | Prepared any way except with milk or cheese “not allowed” or fried. | Fried. All eggs prepared with milk or cheese “not allowed”. |
| <u>CHEESE</u> | Hard, ripened, cheeses such as Cheddar, Bleu, Brick, Colby, Edam, Provolone, Swiss, and American. | Cottage cheese, cream cheese, processed cheese food. Cheeses containing garlic, pepper or seed spices |
| <u>BREAD</u> | Enriched, whole grain, rye or pumpernickel breads. Quick breads such as corn-bread, biscuits, dinner rolls made without milk. Saltine crackers prepared without milk. | Any prepared or processed with milk or milk product. Commercially prepared mixes, waffles*, pancakes*, French toast unless made without milk. Bagels. Any containing whole grain, graham flour, bran, nuts, seeds, coconut or fruits “not allowed”. |
| <u>POTATO OR SUBSTITUTE</u> | Boiled, mashed, creamed or baked (no skin), white potato; noodles, rice, macaroni and spaghetti. | Any fried or prepared with milk or dairy products. Potato chips, potato skins, brown or wild rice, sweet potato and |

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| | | instant potatoes. Dried beans and peas, popcorn. |
| <u>CEREAL</u> | All long cooking cereals: oatmeal, cream of wheat, cream of rice, grits. Refined dry cereals | Dry or other cereals to which milk or dairy products have been added or containing coconut, seeds, whole grain, bran and fruits “not allowed”. Instant cooking cereals. |
| <u>VEGETABLES</u> | <u>Tender cooked</u> : beets, carrots, eggplant, green beans, mushrooms, spinach (no stems) cucumber, peppers, avocado, tomato, asparagus, zucchini, squash and okra. Vegetable juices. Raw in limited amounts: lettuce and tomatoes. | All others not listed under vegetables “allowed”. Any prepared with milk or dairy products. |
| <u>FRUITS</u> | Fresh, canned, frozen, dried fruits and fruit juices. Apples, apricots, cherries, grapes (seedless), peaches, pears, plums, bananas, melons and grapefruit. | Prune juice. Dietetic fruits containing lactose. All others not listed under fruits “allowed” |
| <u>SOUPS</u> | Bouillon, broth, or soups made with foods “allowed”. | Cream soups. Commercial soups made with milk or dairy products with lactose |
| <u>FATS</u> | Regular butter and margarine; cooking oils; non-dairy cream substitutes and whipped topping; mild salad dressings*, mayonnaise and bacon. | Salad dressings with added milk, sour cream, and regular whipped cream, cream cheese, nuts & olives, avocado. |
| <u>DESSERTS AND SWEETS</u> | Plain cakes, gelatin, pudding, cookies, pastries made without milk or dairy products, pure sugar candy; clear jelly, jams, and honey, syrup. | Any prepared with milk or milk products, with graham cracker crust, coconut, nuts, seeds or fruits. Ice cream, sherbet or commercial dessert mixes*. Cream or chocolate candy, preserves. |
| <u>BEVERAGES</u> | Regular, freeze, dried and instant coffee, decaf coffee, regular and instant tea, carbonated beverages. | Alcoholic beverage. “Allowed” milk in excess of 2 cups per day. |
| <u>MISCELLANEOUS</u> | Salt, ground herbs in moderation, mild spices, vinegar, mustard, brown gravy; plain cocoa*; monosodium glutamate. | Strong spices, garlic, pepper and seed spices. White sauces or cream gravies; milk chocolate, cocoa mixes. Sugar substitutes with lactose, chewing gum; vanilla powder, wheat germ. |

*Consult the list of ingredients or check with the manufacturer. A lactose free version of the food may be available.

A SAMPLE MEAL PATTERN

BREAKFAST

Fruit
Cereal
Egg
Toast
Butter or Margarine
Jelly, Sugar
Beverage

LUNCH&DINNER

Meat, fish or poultry
Potato or substitutes
Vegetable
Bread
Butter or Margarine
Dessert
Beverage

BREAKFAST

Orange juice
Grits
Poached Egg
White Toast
Crisp Bacon, Margarine
Jelly, Sugar
Coffee w/non-dairy
creamers

LUNCH

Sandwich: Roast Beef,
Cheese, Rye Bread,
Lettuce, Mayonnaise,
Tomato, Mustard
Pickle
Turkey Noodle Soup
Canned Peaches
Lemonade

DINNER

Baked Chicken
Steamed Rice
Green Beans
Cornbread
Margarine
Cherry Pie
Buttermilk
Iced tea, Sugar

NOTE: Be sure to include some of the following foods each day to provide a good source of **CALCIUM** in your diet:

Allowed cheese
Yogurt
Buttermilk
Spinach

Be sure to include a vegetable rich in **RIBOFLAVIN** every day:

Spinach
Asparagus
Winter Squash