

ATLANTA DIGESTIVE CENTER
LACTOSE CONTROLLED, HIGH FIBER, LOW FLATOGENIC DIET

Lactose is the sugar found in milk. A lactose controlled diet avoids or limits milk and milk products or any food prepared with milk. 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. Be sure to consume some foods from the milk group, if at all tolerated, to ensure proper intake of calcium and riboflavin.

FOOD GROUP	FOODS ALLOWED	FOODS NOT ALLOWED
<u>MILK</u>	Soybean milks. Nutramagen. Non-dairy cream substitutes. Up to 2 cups per day of yogurt cultured buttermilk or sweet acidophilus milk.	All regular milk (whole, low-fat, skim, dried, evaporated or condensed).
<u>MEAT, FISH, POULTRY</u>	Plain: beef, fish, ham, lamb, pork, chicken, turkey, veal. Shellfish. Organ meats. All meat cold cuts* and franks*. Sausage*. Peanut butter*.	Any breaded or prepared with milk or milk product. Processed meat products containing lactose such as franks, luncheon meats & canned meats.
<u>EGG</u>	Prepared any way except with milk or cheese “not allowed”.	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.
<u>BREAD- 3 SLICES</u>	Enriched, whole grain, rye or pumpernickel breads. Quick breads such as corn-bread or biscuits, made without milk. Rolls. 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.
<u>POTATO OR SUBSTITUTE</u>	Limit potatoes, rice, noodles, macaroni, spaghetti, corn and popcorn.	Any prepared with milk or milk products (cream sauces). Instant potatoes*.
<u>VEGETABLES</u>	All plain, fresh, frozen, or canned vegetables. Vegetable juices, lettuce, cucumber, peppers, avocado, tomato, asparagus, zucchini, and okra.	Vegetables prepared or processed with milk, milk products. Onion, beans, celery, carrots, Brussels sprouts, broccoli and cauliflower.
<u>FRUITS</u>	Fresh, canned, frozen, dried fruits and fruit juices. Cantaloupe, berries and grapes.	Dietetic fruits containing lactose. Apples, citrus fruits, bananas, raisins, apricots, prune juice.
<u>SOUPS</u>	Bouillon, broth, or soups made with foods “allowed”. Dehydrated non-milk soup mixes.	Cream soups. Commercial soups made with milk/milk products with lactose
<u>FATS</u>	Regular butter and margarine; cooking oils; non-dairy cream substitutes and whipped topping; salad dressings*, mayonnaise; bacon, nuts, olives, avocado.	Salad dressings with added milk, sour cream, regular whipped cream, cream cheese.
<u>DESSERTS AND SWEETS</u>	Fruit ice, gelatin, cakes*, pudding*, cookies*, made without milk/milk products, pure sugar candy; jelly, jams, and preserves; honey, syrup.	Any prepared with milk or milk products. Ice cream. Commercial dessert mixes*. Cream or chocolate candy. Molasses*. Pastries.
<u>BEVERAGES</u>	Regular, freeze, dried and instant coffee, decaf coffee, regular and instant tea, carbonated beverages.	Any beverage prepared with milk or milk products.

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

FOOD GROUP	FOODS ALLOWED	FOODS NOT ALLOWED
<u>MISCELLANEOUS</u>	Salt, herbs, spices, condiments; pickles, vinegar, brown gravy; plain cocoa*; monosodium glutamate.	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

Apple juice
Oatmeal
Scrambled Egg
Whole Wheat Toast
Bacon, Margarine
Jelly, Sugar
Coffee w/non-dairy
creamer

LUNCH

Sandwich: Ham/Swiss
Cheese
Rye Bread
Mayonnaise, Mustard
Pickle
Vegetable Soup
Fresh Fruit
Lemonade

DINNER

Roast Beef au Jus
Baked Potato w/skin
Tossed Salad
Bread Whole Wheat
Margarine
Oil & Vinegar dressing
Jelly
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
Dark Green, Leafy Vegetables

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

Spinach
Asparagus
Winter Squash