

Re-introducing Lactose



What is lactose and lactose intolerance?

Lactose is the sugar found in the milk of animal. Lactose intolerance is the inability to digest the lactose in milk and milk products.

What are the symptoms of lactose intolerance?

Symptoms differ from patient to patient. The most common symptoms are gas, diarrhea, abdominal distension, cramping, and generalized abdominal pain.

When you are ready to re-introduce lactose...

When you are ready to introduce lactose back into your diet, begin with lower lactose foods, consume them several times a day, and increase your lactose consumption every 2 – 3 days. It is recommended to keep a food journal to write down any gastrointestinal symptoms you may experience. Your lactose threshold is met when you are consuming lactose without onset of symptoms. See the chart below to determine grams of lactose in commonly consumed foods.

Lactose Content of Selected Foods

FOOD	SERVING	LACTOSE (GRAMS)
Yogurt, low fat	8 oz	5 – 19
Milk	8 oz	9 – 14
Buttermilk	8 oz	9 – 12
Ice Cream	6 oz	3 – 8
Processed Cheese	1.5 oz	0 – 6
Ricotta Cheese	4 oz	0 – 6
Velveeta Cheese	1.5 oz	4
Cottage Cheese	4 oz	0 – 4
Half and Half	2 tbsp	1
Sour Cream	2 tbsp	1
Hard Cheese	1.5 oz	1
Cream Cheese	1.5 oz	0 – 1
Butter, Margarine	1 tbsp	0