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LACTOSE INTOLERANCE



Lactose Intolerance Diet

Diet for lactose intolerance

Lactose is the sugar found in milk, formed by the binding of galactose and glucose molecules. Our body has an enzyme that digests lactose, breaks the bonds of galactose and glucose for us to use these molecules. This enzyme is called lactase is produced in the intestinal mucosa. In some human beings, all in adults who have low amount of lactase enzyme they can not digest lactose in milk and dairy [products](#). In these cases of intestinal symptoms: such as increased movement, irritability, diarrhea and flatulence, it can [lead](#) to a loss of nutrients and electrolytes.

The goal of [lactose intolerance diet](#) is to reduce the intake of lactose by controlling individual tolerance level to prevent symptoms and maintain adequate nutritional status.

The main measure is to limit the intake of milk and lesser extent its derivatives (cheese, yogurt, etc...), undergo the fermentation process to reduce its lactose content. You can start lactose intolerance diet with the tight restriction of lactose and then build up to the level of tolerance that we required. In the case, it should restraint eating in addition to milk, cheeses, yogurts, puddings, custards and other [desserts](#), ice cream, cream cheese or fermented, puddings, breads made with milk, milk-based sauces, beverages milk...

Lactose Intolerance diet – selection of product labels

It is advisable to read product labels carefully because the lactose also found in foods that prepared in the solids form of whey or lactic ferments, milk protein, caseinate or lacto globulins. Lactose can be found as an excipient in some drugs, so it is advisable to check the amount in each tablet, but its content is so small that often produces no symptoms.

Many products are containing lactose on the market. So it's important for us to make regular lactose intolerance diet plan every day. However, lactate, lactic acid, lactalbumin, found in many packaged or canned products do not contain lactose.

Alternatives to milk

In most cases, measures between 100 and 200 ml of milk (5-10 g of lactose) daily are usually well tolerated. If you consume the recommended amount is divided into several doses throughout the day, it should be accompanied by other foods.



Since milk is the main source of dietary calcium, it is very important to ensure a good intake of this mineral through other [alternative](#) foods:

- Low-lactose milk. It can be used to prepare dishes like croquettes, cream sauce or homemade desserts.
- Soy milk.
- Cheeses and cured.
- Legumes.
- Nuts.
- Some fish such as sardines, anchovies and thorns, cockles, mussels, etc.
- If necessary, you can also take oral supplements of calcium.

To improve the absorption of calcium should be avoided:

- Carbonated beverages (rich in phosphates).
- Some vegetables such as spinach and rhubarb, which are rich

Recommended Product



Lactose Intolerance Supplements

- ▷ Digestive Advantage Lactose Intolerance
- ▷ Lactaid Fast Act

Blogroll

- ▷ Kavinace
- ▷ Nordic Naturals COD Liver Oil




in oxalic acid and interferes with the absorption of calcium.

Vitamin d needed for calcium absorption process, which is mainly found in eggs and fish. Another good way is getting a controlled exposure to sunlight, contributing to the synthesis of vitamin D under the [skin](#).

Lactose intolerance diet plan

The following list is lactose intolerance diet plan that you can use as guidelines for preparing your daily menu. This lactose intolerance sheet is from a trusted source. But I recommend to consult with your nutritionist to ensure your condition properly.

Food Group	Safe	Avoid
<p>Milk, Milk Products and Alternatives</p> <p>Aim for 2 serves per day 1 serve = 40g hard cheese = 200g yoghurt = 250ml of low lactose milk = 250ml calcium enriched soy or rice milk</p> 	<p>Low Lactose Milks Soy Milk Rice Milk</p> <p>Soy Yoghurt Yoghurts^ Soy Ice creams</p> <p>Block Cheeses: Mature, semi-mature and mild</p> <p>Soy Based nutritional supplements</p>	<p>Cow's milk (all types) Goats milk Milk powders Malted milk Some Powdered Chocolate drinks*</p> <p>Milk based Ice cream Dairy Desserts Custards Soft Cheese Cake</p> <p>Cheeses: processed cheese, cottage cheese, cheese spreads</p> <p>Milk based nutritional supplements</p>
<p>Bread and Cereals</p> <p>Aim for 4-9 serves per day for women, or 6-12 serves per day for men 1 serve = 2 slices of bread = 1 medium bread roll = 1 cup cooked rice, pasta or noodles = 1 1/3 cup breakfast flakes</p>	<p>Most should be fine, check the label to confirm</p>	<p>Those containing Custard or dairy based filling or coatings.</p> <p>For example: Yoghurt coated muesli bars Custard Danish Bee-sting Cake Milk Rice Pudding</p>
<p>Meat and Proteins</p>	<p>Safe</p>	<p>Avoid</p>


<p>Aim for 1-2 serves per day 1 serve = 65-100g cooked meat = ½ cup lean mince = 2 slices roast meat = ½ cup cooked dried beans, lentils, chickpeas, split peas or canned beans = 80-120g cooked fish = 2 small eggs = 1/3 cup peanuts or almonds</p>	<p>Most Fresh or frozen meat, poultry and fish</p> <p>Eggs</p> <p>Legumes and lentils</p> <p>Check labels of processed, canned, marinated and frozen meat and proteins and those in sauces.</p>	<p>Those in milk based sauces.</p> <p>For example: Quiche Frittata Lasagne Fish Mornay</p>
<p>Vegetables</p>	<p>Safe</p>	<p>Avoid</p>
<p>Aim for 5 or more serves of vegetables 1 serve = ½ cup cooked vegetables = 1 cup raw vegetables (e.g. salad) = ½ cup of vegetable juice</p>	<p>Fresh, frozen or tinned vegetables. Vegetable juice</p> <p>Check labels of processed vegetables and those in sauces.</p>	<p>Those containing milk or milk based sauces.</p> <p>For example: Cauliflower in white sauce Mashed potato</p>
<p>Fruit</p>	<p>Safe</p>	<p>Avoid</p>
<p>Aim for 2 serves per day 1 serve = 1 piece of fruit = ½ cup tinned/cooked fruit = ½ cup fruit juice</p>	<p>All fresh fruit, dried fruit Fruit Juice</p> <p>Check labels of processed fruits and those in sauces.</p>	<p>Those in milk based drinks sauces or yoghurt.</p> <p>For example: Fruit smoothies with milk, yoghurt, whey</p>
<p>Extras</p>	<p>Safe</p>	<p>Avoid</p>
<p>Choose sometimes or in small amounts.</p> 	<p>Meringues, Jellies Fruit or Cordial ices Soft drinks, Cordials Wine, Beer, Spirits* Cocoa Oils, Margarine, ghee, butter Jam, Honey, Golden syrup Peanut butter Yeast Extract Nuts Plain potato crisps Plain Popcorn Confectionery</p> <p>Dark Chocolate</p> <p>Check labels to confirm suitability</p>	<p>Sweets containing milk* Milk or dairy based liqueurs</p> <p>Milk Chocolate Yoghurt coated nuts, dried fruit, muesli bars</p>
<p>Medicines</p>	<p>Check with your pharmacist</p>	<p>Those containing lactose or milk products.</p> <p>For example: artificial sweeteners</p>

Table resources: www.health.qld.gov.au/nutrition/resources/gastro_lactose.pdf

mary walston says:

November 30, 2011 at 2:59 pm



I am trying to gain weight. Can I drink [Insure](#) if I am lactose intolerant? Mary

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