

Lactose Restricted Diet

DESCRIPTION

Lactose, or milk sugar, is produced exclusively by the bovine (cow) mammary gland. It is a sugar composed of glucose and galactose which has been shown to be hard to digest by Orientals, Blacks, Hispanics and some Caucasians. The inability to properly digest this is a consequence of a deficiency of the enzyme lactase, which breaks down the sugar. If it is not broken down, bacteria in the intestines ferment the lactose resulting in flatulence and diarrhea. Culturing a milk product to make yogurt, kefir, buttermilk or cheese will eliminate the lactose. A lactose restricted diet is designed for those who cannot tolerate lactose.

According to the RDA's a lactose restricted diet is adequate for all nutrients except calcium unless fermenter (cultured) dairy products are used. In these cases, a calcium supplement of 800 to 1,000 mg per day would be considered desirable.

SAMPLE MENU FOR ONE DAY

Breakfast

1 orange	1 egg (poached or egg substitute)
1/2 cup oatmeal	1 cup soybean milk
10 whole, shelled, unsalted almonds	1 slice whole wheat bread (toasted)
1 teaspoon margarine	Hot, non-caloric beverage

Lunch

1/2 cup tomato juice	8 ounces soup, vegetable
1/4 cup canned red salmon	2 slices whole wheat bread
2 teaspoons oil and vinegar dressing	1 apple
1 cup salad: romaine or Boston lettuce, sliced carrots,	cucumbers, mushrooms, green pepper, celery

Dinner

4 ounces broiled chicken breast	1/2 cup cooked lentils
2/3 cup steamed string beans	1 slice whole wheat bread
1 teaspoon margarine	4 apricot halves (low sugar)
8 ounces soybean milk	Hot, non-caloric beverage

Nutrient Content

▪ Calories: 1665	▪ Protein: 15%	• Cholesterol: 200 mg
• Carbohydrates: 59%	• Fat: 26%	• Fiber: 17 g

FOOD EXCHANGE MENU

Bread & Cereal Exchange List:

4 or more servings per day

- Whole wheat bread • White bread (enr.) • Cereals • Pastas
- Potatoes • Popcorn • Brown rice • Beans (dried)
- Green peas • Lentils

Avoid: Breads or cereals prepared with milk or milk products

Fat Exchange List

- Fortified margarine prepared without milk • Vegetable oils
- Cream (non-dairy, powdered) • Salad dressing without milk products

Avoid: All others

Fruit Exchange List:

2 or more servings per day

Meat and Meat Substitute Exchange List:

6 or more servings per day

- Meat • Fish
- Peanut butter • Eggs
- Soybeans • Shellfish
- Poultry • Tofu

Avoid: Any meats prepared or processed with milk products such as:

- Luncheon meats • Cheese

Milk Exchange List:

2 or more servings per day

- Soybean milk and other lactose-free supplements
- Yogurt and buttermilk may be tolerated by some

Avoid: All milks and milk products which are not recommended

Vegetable Exchange List:

2 or more servings per day

Fresh, frozen, or canned vegetables, both whole and juice

Avoid: Vegetables which are prepared or processed with milk or milk products

Miscellaneous Exchange List

All beverages and soups prepared or processed without milk

Avoid: All beverages and soups containing milk or milk products

Note:

Include six to eight cups of fluids, such as water, per day.