

Lactose Food Chart

Patient information

Name:
Gender:
Date of birth:
Contact information:

Lactose content in foods

Butter, margarine, and other fats		
Food product	Serving size	Lactose (g) per serving
Butter	20 g	0.1
Lard	Any amount	0
Margarine	Any amount	0
Vegetable fats and oils (including coconut oil)	Any amount	0

Cheese		
Food product	Serving size	Lactose (g) per serving
Mozzarella (20% fat in dry matter)	100 g	3.3
Mascarpone	30 g	1
Cottage cheese	30 g	1
Cream cheese	30 g	0.9
Parmesan cheese	30 g	0
Most hard cheeses (alpine, emmentaler, gouda, edam, tilsit)	30 g	0

Milky coffee, cream, and crème fraîche		
Food product	Serving size	Lactose (g) per serving
Latte macchiato	125 ml	5.4
Cappuccino	125 ml	2.9
Skimmed milk powder	10 g	5.1
Whole milk powder	10 g	3.5
A dash of milk	30 ml	1.4
Coffee creamer (7.5% fat)	15 g	0.8
Sour cream (10% fat)	25 g	0.9
Crème fraîche (30% fat)	25 g	0.6
Cream	15 g	0.5

Yogurt, quark (curd) cheese, and buttermilk		
Food product	Serving size	Lactose (g) per serving
Whey	150 ml	7.1
Buttermilk	150 ml	6
Soured milk	150 g	6
Kefir	150 g	5.4
Yogurt	150 g	4.8
Quark (curd cheese)	30 g	1

Note: The lactose content changes when fruits are added. The fat content is also important: A high amount of fat means a lower amount of lactose

Sweet foods: chocolate, ice cream, and cake		
Food product	Serving size	Lactose (g) per serving
Milk chocolate	20 g	1.3
Ice cream	75 g	4.7
Fruit sorbet	75 g	1.3
Yeast-based cake with crumbles	310 g	3.1
Croissant	70 g	1
Pound cake	70 g	0.3

Dairy milk and alternatives		
Food product	Serving size	Lactose (g) per serving
Cow's milk (3.5% fat)	150 ml	7
Sheep's milk	150 ml	6.6
Goat's milk	150 ml	6.3
Soy or oat milk	Any amount	0

When choosing lactose-free foods, always read the labels carefully to ensure they meet dietary needs. Look for products specifically labeled as "lactose-free" and check the ingredient list to avoid any hidden sources of lactose.

Additional notes

Dietitian/physician details	
Name:	
Contact information:	
License ID number:	
Date of consultation:	Signature:

Reference

Institute for Quality and Efficiency in Health Care (IQWiG). (2022, January 25). *Lactose intolerance: Learn more – shopping tips for lactose-intolerant people*. National Library of Medicine. <https://www.ncbi.nlm.nih.gov/books/NBK310258/>