

Lactose Food Charts

Low-Lactose Foods:

1. Dairy Products:

- Butter
- Hard cheeses (cheddar, Swiss, Parmesan)
- Brie and Camembert
- Lactose-free milk
- Greek yogurt
- Aged cheeses

2. Non-Dairy Milk Alternatives:

- Almond milk
- Soy milk
- Coconut milk
- Oat milk

3. Protein Sources:

- Eggs
- Poultry (chicken, turkey)
- Fish
- Meat

4. Grains and Cereals:

- Rice
- Quinoa
- Oats
- Corn

5. Fruits:

- Bananas
- Berries (strawberries, blueberries)
- Oranges
- Grapes

6. Vegetables:

- Spinach
- Kale
- Broccoli
- Carrots

Moderate-Lactose Foods:

1. Dairy Products:

- Milk
- Cottage cheese
- Yogurt

2. Processed Foods:

- Pancakes
- Waffles
- Cakes and pastries with minimal dairy

3. Snacks:

- Hard candies
- Pretzels

High-Lactose Foods:

1. Dairy Products:

- Ice cream
- Milkshakes
- Soft cheeses (cream cheese, ricotta)
- Sour cream

2. Processed Foods:

- Instant soups
- Instant mashed potatoes
- Processed snacks with lactose

3. Baked Goods:

- Muffins
- Cookies
- Breads with added milk

4. Beverages:

- Some protein shakes
- Instant coffee mixes with dairy

NOTE: It's essential to note that individual tolerance to lactose varies, and some people may be more sensitive to lactose than others. If you have lactose intolerance, you may need to experiment with different foods to determine what works best for you. Additionally, lactose-free alternatives are available for many dairy products, allowing individuals with lactose intolerance to enjoy a wide range of foods without discomfort.