

Lactose Content of Foods

Lactose is usually found in products containing milk or milk solids. However, the amount of lactose in different foods varies. Below are some general amounts of lactose in different kinds of dairy foods.

High Lactose (11 g)	Some Lactose (4-6 g)	Low Lactose (1-2 g)
Whole milk—1 cup	Low fat yogurt—1 cup	Cheddar cheese—1 oz.
Reduced fat milk (2%)—1 cup	Nonfat yogurt—1 cup	Swiss cheese—1 oz.
Low fat milk (1%)—1 cup	Cottage cheese—1 cup	Blue cheese—1 oz.
Nonfat (skim) milk—1 cup	Sherbet—1 cup	Sour cream—1 oz.
Ice cream—1 cup		

Each person's tolerance level to lactose is different. However, it is possible to plan meals that are nutritionally balanced. Here are some practical tips for tolerating lactose in your diet.

- Try soy milk or low-lactose or lactose-free milk products.
- Eat dairy products with your meals to dilute the lactose. Eat smaller portions.
- Try cultured dairy products (like yogurt) that contain live active cultures. Check the labels.
- Select hard cheeses (like cheddar), which are low in lactose and high in calcium.
- Include calcium-rich vegetables, like collard greens, spinach, kale, or broccoli.



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