



Northumbria Healthcare
NHS Foundation Trust

Low Lactose Diet

Issued by the Department of Child Health



What is Lactose Intolerance?

Lactose is the sugar which is found in milk and milk containing products. Lactose intolerance occurs when your body cannot digest and absorb this sugar, allowing it to pass into your large bowel causing symptoms such as diarrhoea. This can happen after a stomach upset and can be managed by avoiding lactose containing foods.

Most people only need to avoid lactose in their diet for 6-8 weeks until the lining of their bowel recovers.

If you or your child has had gastroenteritis, good hand hygiene is important especially when you are preparing food.

Foods high in lactose

The foods and drinks which have the highest lactose content are formula milks and dairy products such as milk, cheese and yoghurt.

- For infants under 12 months, lactose free formula milk (SMA LF or Enfamil 'O'lac) can be used instead of standard formula milk.
- For children over 1 year of age lactose free milk from the supermarket should be used.

For infants and children over 6 months of age, use the following food swaps to follow a low lactose diet:

Lower Lactose foods to choose	High Lactose foods to avoid
Lactose free yoghurt, soya yoghurt alternative or soya dessert	Yoghurt or fromage frais
Gruyere, Emmental, Jarlsberg, extra mature west country farmhouse cheddar or lactose free cheese	All other cheeses
Custard or desserts made with supermarket lactose free milk, soya or lactose free ice cream soya custard	Dairy ice cream, custard or milk puddings

Please note: Goat and sheep’s milk also contain lactose and should not be used on a low lactose diet.

This is not a complete list, but gives some guidance as a starting point.

Further information:

If your child's symptoms do not improve over the next 7-10 days it is recommended that you seek further advice from the professional who gave you this information.

Name:

Contact Number:

Further information can also be found at:

www.nhs.uk/Conditions/lactose-intolerance

www.patient.co.uk/health/lactose-intolerance-leaflet

Useful contact numbers

The Northumbria Specialist Emergency Care Hospital
0344 811 8111 ext.72005 Children's Unit

www.northumbria.nhs.uk

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: 07815 500015

Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust

General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

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