



Northumbria Healthcare
NHS Foundation Trust

Lactose free diet

Issued by the Department of Nutrition & Dietetics

This leaflet is for you if you have lactose intolerance, it will give you the information you need to help manage your condition.

What is lactose intolerance?

Lactose is the sugar which is found in milk and products that contain milk. 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 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.

Checking food labels

If the ingredients list on foods and drinks contain any of these ingredients, then they contain lactose and should be avoided:

- Milk powder
- Dried milk
- Milk solids
- Condensed milk
- Cheese
- Cheese powder
- Cream
- Evaporated milk
- Yoghurt
- Buttermilk
- Butterfat /milk fat
- Whey powder
- Hydrolysed whey sugar
- Butter
- Margarine
- Ghee

Foods Allowed	Foods to avoid / check food labels
<p>Bread and cereals Bread, Breakfast Cereals, rice, pasta, oats, wheat and rye</p>	<p>Yoghurt coated muesli bars, milk bread, chocolate coated cereals</p>
<p>Fruit and vegetables Fresh, frozen, tinned or dried fruit and vegetables</p>	<p>Instant mashed potato and potato with added milk, white or cheese sauces</p>
<p>Meat and protein foods Meat, fish, chicken, turkey, pulses, (e.g. lentils) and eggs</p>	<p>Processed and pre-packed meat and fish, meat or fish pastes, fish in sauce.</p>
<p>Milk and milk products Milk substitute (see below) Lactose free yogurt or soya dessert, soya or lactose free ice cream, Gruyere, Emmental, Jarlsberg, extra mature west country farmhouse cheddar or lactose free cheese.</p>	<p>Cows, sheep or goats milk, yoghurt, ice cream, milk desserts, custard, cream, all other cheeses.</p>
<p>Fats & Oils Milk free margarines e.g. Vitalite, Pure Soya, Pure Sunflower or supermarket own brand milk free spread</p>	<p>Butter, margarine or low fat spread</p>
<p>Miscellaneous Check ingredients on manufactured foods</p>	<p>Other foods may contain lactose e.g. biscuits, cake, cake mix, creamed soups or sauces Some medications e.g. teething powders</p>

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

Milk substitutes

Lactose free formula such as SMA LF or Enfamil O'lac can be used for infants under 12 months of age. For children over 12 months and adults, commercially available lactose free milk should be used.

Further information:

If your symptoms do not improve over the next 5-7 days seek further advice from your GP.

Further information can also be found at:

www.nhs.uk/Conditions/lactose-intolerance

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

Useful contact numbers

If you need further information please contact us: 0344 811 8111

The extension numbers for the dietetics departments are:

North Tyneside Hospital extension 34280

Wansbeck General Hospital extension 36006

9.00am until 5.00pm Monday to Friday.

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

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General Enquiries 03 44 811 8111

www.northumbria.nhs.uk

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