

What is Lactose?

It may sound mysterious, but it's really not. Lactose is just a sugar found in milk and milk products. When you digest lactose, it's broken down into two simpler (but just as mysterious-sounding) sugars, galactose and glucose.

Foods with lactose

Many processed foods include milk products, so it makes sense to read food labels carefully. If you are severely lactose intolerant, ask your doctor or pharmacist about lactose that may be in prescription and over-the-counter drugs.

The most common high-lactose foods include:

- Milk and milk based beverages
- Ice cream
- Soft and processed cheeses
- Puddings and custards
- Cream soups and cream sauces

Other foods that may contain lactose in smaller quantities include:

- Baked goods
- Milk chocolate
- Salad dressings and sauces
- Instant oatmeal and cereal bars
- Instant mashed potatoes, soups, rice and noodle mixes
- Lunch meats
- Candy
- Mixes for pancakes, biscuits and cookies

Lactose content list

Food and Beverages	Lactose (g)	Serving Size
Milk: whole, low-fat, skim	9-12	1 cup
Buttermilk	9-12	1 cup
Goat milk	9	1 cup
Fat free dry milk	12	1/3 cup
Half and half	1	2 tbsp
Light cream	1	2 tbsp
Whipped Cream	<1	2 tbsp
Sour cream	1	2 tbsp
Condensed milk, whole	4	2 tbsp
Evaporated milk	3	2 tbsp
Butter, margarine	Trace	1 tbsp
Yogurt, low-fat	5	1 cup
Cottage Cheese	2-3	1/2 cup
Ice cream	6-9	1/2 cup
Sherbert	2	1/2 cup
Cheese: American, swiss, blue	1-2	1 oz.
Cheese: Cheddar, Parmesan	1-2	1 oz.
Cream cheese	1-2	1 oz.