

Item	Foods Allowed	Foods Not Allowed
<b>Vegetables &amp; Fruit</b>	<ul style="list-style-type: none"> <li>All pure vegetables, fruits and their juices</li> </ul>	<ul style="list-style-type: none"> <li>Creamed vegetables, mashed potatoes, other vegetables prepared with milk and milk products</li> <li>Breaded or battered vegetables</li> <li>Fruit in puddings made with milk</li> </ul>
<b>Salads</b>	<ul style="list-style-type: none"> <li>Salads containing allowed ingredients</li> </ul>	<ul style="list-style-type: none"> <li>Salads containing cheese or other ingredients not allowed</li> </ul>
<b>Grain Products</b>	<ul style="list-style-type: none"> <li>Whole grain or enriched breads made without milk</li> </ul>	<ul style="list-style-type: none"> <li>Some breakfast cereals, cheese flavoured crackers/snacks</li> <li>Breads, cereals, pancakes, muffins, etc. prepared with milk*</li> <li>Pasta / noodle mixes prepared with milk</li> </ul>
<b>Milk &amp; Alternatives</b>	<ul style="list-style-type: none"> <li>Soy milk, rice milk</li> <li>Lactose-free supplements (Ensure®, Resource®, Boost®)</li> <li>Non-dairy cream substitutes</li> <li>Soy yogurt</li> <li>Lactose-hydrolyzed milk (e.g. Lactaid®, Lacteeze®)</li> </ul>	<ul style="list-style-type: none"> <li>Milk and milk products: fluid milk, evaporated milk, condensed milk, powdered milk, buttermilk, chocolate milk, cream, yogurt*</li> <li>Cheese products*: cottage, processed, cream, ricotta, hard, aged, cheese sauces</li> <li>Commercial products with cheese or cheese flavours</li> </ul>
<b>Meat &amp; Alternatives</b>	<ul style="list-style-type: none"> <li>Meats, poultry, fish</li> <li>Eggs</li> <li>Nuts, seeds, peanut butter</li> <li>Legumes (dried beans, peas, lentils)</li> <li>Tofu</li> </ul>	<ul style="list-style-type: none"> <li>Commercially made hamburger patties, meat products</li> <li>Breaded/battered/creamed meat, poultry, fish dishes</li> <li>Commercial egg substitutes</li> </ul>
<b>Soups</b>	<ul style="list-style-type: none"> <li>Soups made without milk and milk products</li> </ul>	<ul style="list-style-type: none"> <li>Cream soups</li> </ul>
<b>Oils &amp; Fats</b>	<ul style="list-style-type: none"> <li>Clarified butter, milk-free margarine, lard, vegetable oils, shortening</li> <li>Salad dressing, gravy, pure mayonnaise made without milk/milk products</li> </ul>	<ul style="list-style-type: none"> <li>Butter, margarine, salad dressing, commercial gravy or gravy mixes prepared with milk or milk products</li> </ul>
<b>Desserts &amp; Sweets</b>	<ul style="list-style-type: none"> <li>Flavoured gelatin desserts</li> <li>Desserts and baking made without milk/ milk products</li> </ul>	<ul style="list-style-type: none"> <li>Sherbet, ice cream, ice milk, frozen yogurt, custards, puddings, commercial</li> </ul>

Item	Foods Allowed	Foods Not Allowed
	<ul style="list-style-type: none"> <li>• Sugar, corn syrup, pure maple syrup, honey, jellies, jams, marmalades, cocoa powder, marshmallows</li> </ul>	desserts and mixes, other desserts prepared with milk and milk products <ul style="list-style-type: none"> <li>• Chocolate, caramels, candies made with lactose</li> <li>• Artificial whipped toppings</li> </ul>
<b>Fluids</b>	<ul style="list-style-type: none"> <li>• Coffee, Tea, Water, Juice,</li> <li>• Soy milk, Rice milk, Almond milk</li> <li>• Water based soups</li> </ul>	<ul style="list-style-type: none"> <li>• Milk, chocolate milk (unless tolerated)</li> <li>• Milk-based soups</li> </ul>
<b>Miscellaneous</b>	<ul style="list-style-type: none"> <li>• Pure herbs and spice</li> <li>• Condiments</li> </ul>	<ul style="list-style-type: none"> <li>• Sugar substitutes made with lactose (Equal)</li> <li>• Powdered meal replacement supplements (Skim milk powder, Carnation instant breakfast)</li> </ul>

**Notes:**

- \*Avoid depending on individual tolerance.
- Lactose free diet is **not** a milk free diet.

**References:**

- Dietitians of Canada - Practice Based Evidence in Nutrition (PEN): Managing Lactose Intolerance, 2013