

Item	Foods Allowed	Foods Not Allowed
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>All vegetables and their juices</li> </ul>	<ul style="list-style-type: none"> <li>Vegetables prepared with ingredients not allowed (eg. Creamed potatoes)</li> </ul>
<b>Fruit</b>	<ul style="list-style-type: none"> <li>All fruits and their juices</li> </ul>	<ul style="list-style-type: none"> <li>Fruit dishes prepared with ingredients not allowed</li> </ul>
<b>Salads</b>	<ul style="list-style-type: none"> <li>All vegetable, fruit and pasta salads containing allowed ingredients</li> </ul>	<ul style="list-style-type: none"> <li>Salads with ingredients not allowed</li> </ul>
<b>Grain Products</b>	<ul style="list-style-type: none"> <li>All breads and cereals</li> </ul>	<ul style="list-style-type: none"> <li>Grain products with ingredients not allowed</li> </ul>
<b>Milk &amp; Alternatives</b>	<ul style="list-style-type: none"> <li>Fortified soy milk</li> <li>Non-dairy cream substitutes (Coffee rich®)</li> <li>Lactose-hydrolyzed milk (e.g. Lactaid®, Lacteeze®)</li> <li>Cheese products*: cottage(&lt;1/2 cup), processed, cream(&lt;2 tbsp), ricotta, hard, aged, cheese sauces</li> <li>Yogurt*</li> </ul>	<ul style="list-style-type: none"> <li>Milk and milk products: fluid milk, evaporated milk, condensed milk, powdered milk, buttermilk, flavoured milk, cream</li> </ul>
<b>Meat &amp; Alternatives</b>	<ul style="list-style-type: none"> <li>All meats and meat alternatives</li> </ul>	<ul style="list-style-type: none"> <li>Meat dishes containing ingredients not allowed</li> </ul>
<b>Soups</b>	<ul style="list-style-type: none"> <li>Broth based soups</li> </ul>	<ul style="list-style-type: none"> <li>Cream (milk based) soups</li> </ul>
<b>Oils &amp; Fats</b>	<ul style="list-style-type: none"> <li>Oil</li> <li>Butter (in moderate amounts)</li> <li>Margarine</li> <li>Salad dressings</li> </ul>	<ul style="list-style-type: none"> <li>Sour cream</li> </ul>
<b>Desserts &amp; Sweets</b>	<ul style="list-style-type: none"> <li>Jello</li> <li>Desserts made with lactose free milk or milk alternatives (ie. pudding/mousse made with soy milk)</li> <li>All cakes and cookies</li> <li>Oil based whipped toppings</li> </ul>	<ul style="list-style-type: none"> <li>Sherbet, ice cream, ice milk, frozen yogurt,</li> <li>Puddings, mousse, custards made with milk</li> <li>Cream pies</li> <li>Sweetened condensed milk</li> </ul>
<b>Fluids</b>	<ul style="list-style-type: none"> <li>Coffee, Tea, Water, Juice,</li> <li>Rice milk, Almond milk, Coconut milk</li> <li>Alcoholic Beverages with allowed ingredients</li> </ul>	<ul style="list-style-type: none"> <li>Milk based beverages (eg. milk shakes, smoothies)</li> </ul>

Item	Foods Allowed	Foods Not Allowed
<b>Miscellaneous</b>	<ul style="list-style-type: none"> <li>• Herbs and spices</li> <li>• Condiments</li> <li>• Oral nutritional supplements (Resource ®, Boost® Boost® fruit flavoured beverage, Boost® puddings, Ensure ®,)</li> <li>• Beneprotein</li> <li>• Tube feeding formula (Isosource)</li> </ul>	<ul style="list-style-type: none"> <li>• Powdered meal replacement supplements (eg. Carnation Instant Breakfast)</li> <li>• Skim milk powder</li> </ul>

**Notes:**

- \*This depends on individual tolerance as small amounts may be tolerated.

**References:**

- Dietitians of Canada- Practice Based Evidence in Nutrition (PEN): Healthy Eating Guidelines for Managing Lactose Intolerance, 2013
- Dietitians of Canada- Dietitians of Canada- Practice Based Evidence in Nutrition (PEN): Food Sources of Lactose, 2013