



## Manchester Royal Infirmary

# General Information for following a Low Lactose Diet

Information For Patients

**Patient Name:**

**Consultant:**

**Phone Number:**



## Introduction

You have recently been diagnosed with lactose intolerance.

Lactose is the sugar found naturally in mammalian milk such as cow, goat and sheep milk. Lactose is usually broken down by an enzyme called lactase; however, sometimes lactase production is low (in the body) leading to lactose intolerance.

This diet sheet has been developed to give you a basic understanding of how to follow a low lactose diet. Your doctor should refer you to a dietitian for more detailed advice.

## What can I eat?

You can still eat many of the foods you eat now. Dairy foods are the main sources of lactose in the diet and generally need to be avoided.

The level of lactose people tolerate is different between each person.

Cream, hard cheeses and butter are low in lactose and can be tolerated by most people.

## **Milk substitutes and calcium**

It is important to use a calcium enriched/fortified milk substitute to help ensure adequate calcium for your teeth and bone health.

The following milk substitutes are available at large supermarkets, health food shops and over the internet:

- **Soya milk**

Soya milk is available fresh and long-life and includes sweetened, calcium enriched, organic and flavoured. Brands include Alpro Soya, Granose, Plamil, So good and supermarket own brands.

- **Rice or oat milk**

These are also available as calcium enriched such as Provamel rice, Rice dream, Oatley organic, oat drink.

- **Lactose free milk**

These are made from cow's milk but is filtered to remove half the lactose and also have enzymes added to break down the remaining lactose such as Lactofree. Cheese and yoghurts are also available.

## **Foods that are allowed/should be avoided**

The following pages provide information on food and drink that are allowed and those which should be avoided.

## Dairy products

Allowed	Avoid
Milk substitutes e.g. soya milk, rice milk, Lactofree.	Milk – fresh, skimmed, semi-skimmed, sterilised, condensed, evaporated milk, all dried milks.
Soya cheese, non dairy cheese and lactose free cheese. Hard cheese, e.g. Cheddar, Red Leicester, Cheshire.	Soft cheese, processed cheese, cottage cheese, cheese spread.
Soya yoghurts, low lactose yoghurts.	Ordinary yoghurts, fromage frais, (in some people), drinking yoghurts.
Cream can be tolerated in some people in small amounts.	Ice cream.

## Meat and meat products

Allowed	Avoid
Fresh, frozen meats, chicken, beef, lamb.	Ready made meat dishes with milk sauces, e.g. lasagne. Check the labels on sausages, beef burgers, tinned meat and pies.

## Fish and fish products

Allowed	Avoid
Fresh and frozen fish.	Fish in milk based sauces and in batter. Check the labels for fish fingers and fish cakes.

## Fruit and vegetables

Allowed	Avoid
All types of fresh, frozen and tinned fruit and vegetables.	Instant mashed potato. Vegetables in a white sauce e.g. cauliflower cheese.

## Cereal foods

Allowed	Avoid
Pasta, rice, sago, tapioca, barley, oats, semolina, corn flour, flour, rye flour, wholemeal and white bread, cornflakes, Rice Krispies, All Bran, Oats, Weetabix. Biscuits and cakes that are milk free or some may tolerate if low levels of milk in recipe.	Milk breads, pancake and fritter mixes, instant whips. Macaroni cheese. Chocolate flavoured cereals e.g. Coco pops, Weetos. All other cakes and biscuits (depends of people tolerance levels).

## Fats and oils

Allowed	Avoid
Vegetable and cooking oils, suet, lard, butter, margarine.	None.

## Sugar and preserves

Allowed	Avoid
Sugar, honey, syrup, treacle, jam marmalade, jelly, mincemeat, boiled sweets, peppermints, chewing gum, plain chocolate.	Lemon curd, milk chocolate, white chocolate, toffee, fudge, butterscotch, chocolate spread.

## Miscellaneous

Allowed	Avoid
Salt, pepper, vinegar, spices, mustard, gelatine, Oxo, Marmite, baking powder, bottled sauces, e.g. tomato ketchup, Branston, pickles, piccalilli. Fruit juice, squash, pop, cocoa with milk substitute, spirits, beers, wines.	Foods made from dairy such as cream soups, puddings, cream or cheese sauces. Horlicks, Ovaltine, instant hot chocolate drinks, cream liquors.

## Suggestions, Concerns and Complaints

If you would like to provide feedback you can:

- Ask to speak to the ward or department manager.
- Write to us: Patient Advice and Liaison Services, 1st Floor, Cobbett House, Manchester Royal Infirmary, Oxford Road, Manchester M13 9WL
- Log onto the NHS Choices website [www.nhs.uk](http://www.nhs.uk) - click on 'Comments'.

If you would like to discuss a concern or make a complaint:

- Ask to speak to the ward or department manager – they may be able to help straight away.
- Contact our Patient Advice and Liaison Service (PALS) – Tel: 0161 276 8686 e-mail: [pals@cmft.nhs.uk](mailto:pals@cmft.nhs.uk). Ask for our information leaflet.

We welcome your feedback so we can continue to improve our services.

## No Smoking Policy

The NHS has a responsibility for the nation's health.

Protect yourself, patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted within any of our hospital buildings or grounds.

The Manchester Stop Smoking Service can be contacted on Tel: (0161) 205 5998 ([www.stopsmokingmanchester.co.uk](http://www.stopsmokingmanchester.co.uk)).

## Translation and Interpretation Service

These translations say "If you require an interpreter, or translation, please ask a member of our staff to arrange it for you." The languages translated, in order, are: Arabic, Urdu, Bengali, Polish, Somali and simplified Chinese.

اذا كنت بحاجة الى مترجم، او ترجمة، من فضلك اطلب من احد موظفينا ترتيب ذلك لك

اگر آپ کو ایک مترجم، یا ترجمہ کی ضرورت ہے، تو برائے کرم ہمارے عملے کے کسی رکن سے کہیں کہ وہ آپ کے لیے اس کا انتظام کرے۔

আপনার যদি একজন দোভাষী, অথবা অনুবাদের প্রয়োজন হয়, দয়া করে আমাদের একজন কর্মীকে বলুন আপনার জন্য ইহা ব্যবস্থা করতে।

Jeśli Pan/Pani potrzebuje tłumacza lub tłumaczenie prosimy w tym celu zwrócić się do członka personelu.

Haddii aad u baahantahay tarjubaan, fadlan waydii qof ka mid ah shaqaalahayga si uu kuugu.

如果你需要翻译或翻译员, 请要求我们的员工为你安排



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