



CASEIN/WHEY AND LACTOSE FREE DIET

This diet is for the patient who must eliminate ALL sources of lactose from the diet. Lactose is the sugar found in milk, so all foods containing milk are to be excluded from the diet.

READ THE LABEL CAREFULLY. Avoid any food containing MILK, NON-FAT MILD SOLIDS, SKIM MILK, BUTTER, CREAM, LACTOSE, DRY MILK SOLIDS or WHEY.

	FOODS ALLOWED	FOODS TO AVOID
MILK	None	All milk, milk drinks including whole, skim, dried, evaporated, human breast milk. Yogurt Cream - sweet or sour Infant formulas other than those permitted Frappes: ice cream sodas
BEVERAGES	Powered, fruit flavored, Flavored drinks, ginger ale, tonic	Any with milk
EGGS/MEAT	Any baked, broiled, roasted boiled	Creamed or breaded meat, fish or poultry. Prepared meats which may contain dried milk solids, including bologna and cold cuts, frankfurters, salami, commercially prepared fish sticks and some sausage
CHEESE	Lactose free, soy or tofu cheese	ALL types of cheese and cheese dishes not listed as allowed
BREADS	Breads made without milk ONLY, such as French bread, Italian bread, water bagels or "parva" breads.	Made with any form of milk. Any baked products made with milk; muffins, biscuits, waffles, pancakes, donuts, sweet rolls, commercial mixes
CEREAL/PASTA	Any made without milk, cooked ready to eat. Macaroni, spaghetti, pasta, rice - all prepared without milk or cheese	Any prepared cereal that contains dry milk solids, such as "Special K"