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WHAT FOODS CONTAIN LACTOSE?

The following foods contain lactose. The quantities shown are approximate and only intended as a guide. Please consult your doctor or dietician for further advice.

Cow's milk, whole	4.7	(About 27g per pint)
Cow's milk, skimmed	5.0	(About 30g per pint)
Goats milk	4.6	
Mother's milk	7.0	
Sweetened condensed whole milk	10.2	
Sweetened condensed skimmed milk	12.0	
Dried whole milk	39.4	
Dried skimmed milk	52.8	
Non-fat instant dried milk	50.0	
Single cream	3.2	Approximate percentage
Double cream	2.0	per
Whipping cream	2.5	100 grams
Yoghurt - natural or flavoured	4.7	
Yoghurt - fruit	3.3	
Camembert	0.4	
Cheddar	1.2	
Gouda	2.2	
Blue	2.3	
Cottage Cheese (ordinary)	2.8	
Cottage Cheese (low fat)	2.7	
Parmesan	2.9	
Cream Cheese	2.9	
Vanilla Ice Cream	6.8	

In addition to the above, the following foods also contain lactose:

Milk Chocolate

Instant Potato

Some Biscuits

Creamed Soups

Creamed Salad Dressings Potato Salads
Some Gravies Powdered Eggs
Puddings Most Breads and Pastries
Calcium Enriched Milks Ovaltine
Instant Cocoa Mix Many Instant Foods/Meals
Some variety meats such as sausage

There are also many other foods that contain lactose. Check the label for milk, dried milk or lactose in the list of ingredients. Some tablets, capsules and medications also contain lactose as a binder or filler.