

Nutrition hints for lactose malabsorption 1/2

Nutritional Recommendations, Guidelines

Lactose intolerance

The utilization of milk sugar (lactose) in the small intestine is completely or partially impossible.

Milk sugar cannot be broken down – it is digested by bacteria and often causes gas and general upper GI discomfort.

1. What does this mean for nutrition?

Dietary therapy consists in avoiding this sugar that is contained exclusively in milk and milk products.

Even small amounts of milk sugar can cause intolerance reactions.

In order to prevent general upper GI problems, easily digestible foods that do not cause gas are recommended.

2. Key points about dietary principles

- avoidance of milk sugar
- easily digestible food that does not cause gas

3. composition of the diet

Experience has shown that the following foods cause gas and are to be avoided:

Vegetables / Salad

Vegetables difficult to digest, such as

- cruciferous vegetables, for example, white cabbage, sauerkraut, red cabbage, Brussels sprouts, kale, savoy cabbage,
- legumes, for example, peas, lentils, bean seeds, soybean seeds, corn seeds, onion
- vegetables, for example leeks, onions,
- peppers, raw cucumbers, radish, red radishes.

Fruit

- cherries, prunes, plums, mirabelles, greengage plums, grapes,
- gooseberries

Bread

- coarse whole grain bread

Nutrition hints for lactose malabsorption 2/2

Milk sugar is contained in:

- milk from cows, sheep, and goats (all fat levels). As a substitute: soy milk
- all products made with milk or dried milk, such as milk mix drinks, cocoa, sweets, puddings, etc.
- condensed milk (up to 10% fat content), dried skim milk or dried milk powder, egg white concentrates
- milk products (all fat levels), soured milk, buttermilk, kefir, yogurt with or without fruit
- curd cheese (quark) (all fat levels) and related preparations
- all types of cheese except for hard cheeses: Swiss cheese (Emmentaler), Appenzeller, parmesan, alpine – cheese, aged gouda, sour milk cheese: Mainz hand cheese, Korb cheese, Harz roller.
- Margarine can contain milk powder
- Ice cream, chocolate, nougat, caramel candies, marzipan
- Commonly sold baked good, for example, cookies, cakes, pies, bread.

Ask your baker.

- Some prepared products which have added milk protein or milk sugar, for example, processed cheese spreads, processed foods, fillings in certain candies, prepared deserts, canned meats or sausages, canned fish, mayonnaises, prepared salad dressings (read the list of ingredients)

Read the list of ingredients on foods carefully.

4. Practical Hints

- A milk substitute can be made from a mixture of mashed potatoes, oatmeal, and pudding with 2 parts water and 1 part sweet cream.
- To replace condensed milk, small amounts of sweet cream and lactose-free coffee creamer can be substituted.
- Small amounts of crème fraiche can be used in preparing food.

5. General information

Many processed foods contain milk sugar, milk protein, and whey.

Read the list of ingredients carefully.

With a diet free of milk sugar, the symptoms of lactase deficiency disappear.