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# LACTOSE ON FOOD LABELS:

## A SIMPLE GROCERY SHOPPING CHECKLIST

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### When to Use This Checklist

This guide is for people with lactose intolerance who are trialing a short-term reduction of lactose to help manage symptoms and make grocery shopping easier.

**It is not meant for milk allergy, long-term restriction, or diagnosis.**

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#### Ingredients That Often Contain Lactose

- ☐ Milk
- ☐ Whey
- ☐ Milk solids
- ☐ Nonfat dry milk
- ☐ Milk powder
- ☐ Curds
- ☐ Cream
- ☐ Cheese (varies by type)

#### Foods That Commonly Contain Hidden Lactose

- ☐ Breads and baked goods
- ☐ Processed meats (sausages, deli meat)
- ☐ Instant soups or mixes
- ☐ Salad dressings
- ☐ Chips and flavored snacks
- ☐ Medications or supplements

#### Foods Often Better Tolerated

- These options are commonly easier to tolerate for people with lactose intolerance:
- ☐ Lactose-free dairy products
  - ☐ Hard cheeses (cheddar, parmesan, swiss)
  - ☐ Yogurt with live cultures
  - ☐ Plant-based milk alternatives

### Helpful Label-Reading Tips

- ✓ Check ingredient lists, not just the front of the package
- ✓ “Dairy-free” does not always mean lactose-free for processed foods
- ✓ Small amounts may be tolerated depending on your threshold
- ✓ Lactose content can vary by product and brand

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### Important Notes

- Lactose intolerance causes discomfort but does **not damage the gut**
- Tolerance varies, complete avoidance is **not always** necessary
- If symptoms are severe or occur quickly after dairy, discuss milk allergy with a provider