

Fact Sheet

(CHS_FS-GNA-025)

MILK-FREE AND LACTOSE-FREE DIETS

A **milk-free diet** is used with infants and children who have cow's milk protein intolerance. This dietary prescription is also used in infants and children with galactosaemia. A **lactose-free diet** is used when infants and children are unable to digest lactose (milk sugar) due to a lack of the enzyme require for this digestion, *lactase*. A lactose-free diet is also sometimes used temporarily in infants and children who have had acute diarrhoea or other illnesses resulting in a transient lactase deficiency.

MILK-FREE DIET		LACTOSE-FREE DIET	
<ul style="list-style-type: none"> All products containing cow's milk protein must be avoided More restrictive 		<ul style="list-style-type: none"> Lactose (milk sugar) must be avoided only Less restrictive 	
FOODS TO CHOOSE	FOODS TO AVOID	FOODS TO CHOOSE	FOODS TO AVOID
DAIRY Soy milk (calcium fortified) ? Rice milk Oat milk (?Do we need to include baby formulas)	All cow's milk All goat's milk Skim milk Lactose free milk Butter milk Malted milk Yoghurt Custard Ice cream Milo Cheese Cheese spreads	DAIRY Low lactose milk* Lactose free milk* Soy milk (calcium fortified) Acidophilus yoghurt* Block cheese (matured, semi-matured, mild)*	Cow's milk Goat's milk Milk powders Malted milk Milk solids Custard Ice cream All other cheese (processed, spreads, cottage)
BREAD & CEREALS All flours Sago Tapioca Rice Pasta Read labels of breakfast cereals, some breads and some biscuits to check for items listed below	Teething rusks Bread, crackers, cereals and other bread/cereal based products containing cow's milk protein ingredients (see list below)	BREAD & CEREALS All flours Breads* Muffins* Breakfast cereals* Custard powder* Rice Pasta Read labels of some crumpets and all biscuits, cakes and pastries Muesli baby cereal	Muesli baby cereal
FATS Milk free margarines (eg Becel, Nuttelex, Sundew)	Margarine Butter Mayonnaise Salad dressing Cream Sour cream	FATS Milk free margarines Regular margarine if tolerated* Vegetable oils* Cophera* Cream	Cream

Source: Royal Children's Hospital Department of Nutrition and Dietetics
 Last Updated: January 2003
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MEAT & EGGS VEGETABLES FRUIT All except for those prepared or served with milk or milk products	Cold cuts Baby fruit fingers	MEAT & EGGS VEGETABLES FRUIT SAME AS MILK FREE	SAME AS MILK FREE
SNACKS/OTHER Plain and Salt & Vinegar potato crisps Plain corn chips Taco shells Life savers Jelly Beans Icy poles Juice ice blocks Plain nuts Sugar Jam Vegemite Tomato Sauce	Caramels Chocolate Nougats Cheese flavoured snacks	SNACKS SAME AS MILK FREE	SAME AS MILK FREE

*These foods highlight the major differences between a milk-free and a lactose-free diet

MILK-FREE AND LACTOSE-FREE DIETS

Avoid these ingredients on a milk free diet:

milk solids, non fat milk solids, milk sugar (lactose), skim milk powder, whey, milk protein, non-fat milk solids, sodium caseinate, hydrolysed caseinates, hydrolysed whey, casein, lactoglobulin, lactalbumin, curds, butter milk, calcium caseinate

REFERENCES

Milk Free Diet, Department of Nutrition and Dietetics, Royal Children's Hospital, Brisbane
Low Lactose Diet, Department of Nutrition and Dietetics, Royal Children's Hospital, Brisbane

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