

## Regular Diet - Lactose Controlled

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**How to order the diet:**

- Diet order entered as "Lactose Free Diet"

**Description:**

- The diet includes a wide variety of foods to meet nutritional requirements and individual preferences of health adults; however, it limits lactose-containing foods and beverages.

**Food Guide:**

Food Group	Foods Allowed	Foods Excluded
Beverages	All beverages not listed in "excluded" column	Milk (including acidophilus milk) and milk products except yogurt. Mocha mix
Breads, Cereals and Grain Products	All breads, cereals, and grains not listed in "excluded" column	Instant cream of wheat Cereals with milk
Vegetables	All vegetables not prepared with dairy or cheese	Vegetables prepared with milk or cheese Instant mashed potatoes containing lactose Creamed, scalloped, or commercial products containing milk.
Fruit and Juices	All fruits and fruit juices	Commercial fruit smoothies made with milk or dairy product
Milk	Lactose-free milk	Instant milk beverages, instant cocoa mix, malted milk
Meats and Meat Substitutes	All meats and meat substitutes not listed in "excluded" column	Meats and meat substitutes prepared in a cream sauce Cold cuts, luncheon meats, sausage, processed meats that contain milk, nonfat milk solids or lactose filler.
Fats	Vegetable margarines and oils	Cream, half-and-half, whipping cream, gravies and dressings made with milk