



Lactose Free Labels: A Consumers Guide to Smart Shopping

Adopting a lactose-free lifestyle isn't just about cutting out dairy products; it's about making informed choices and discovering alternatives that align with your dietary needs.

Products that naturally have lactose¹



Milk



Cheese



Yogurt



Some Chocolate



Whey

Products that may have added Lactose¹



Baked Goods



Salad Dressings



Breads



Protein Bars



Cereal



Dairy products (lactose free or not) are a good source of protein and contain essential nutrients such as Calcium and Vitamin D which are important for strong bones.^{2,3}

Tips For Eating Lactose Free

- ✓ Look for non-dairy alternatives. 
- ✓ Look for dairy products that have been treated with lactase enzyme (lactose-free labels).
- ✓ Look for dairy products that have been fermented (lower lactose levels).
- ✓ Try introducing a dairy product you don't often eat in relatively small portions as part of your regular diet to see how your body behaves.
- ✓ When in doubt, supplement with the lactase enzyme, which is readily available at most pharmacies.

How do I know if a product contains lactose?

- 1 Check the ingredient list for words including milk, milk solids, milk powder, curds, whey, milk by-products, cream, cheese, and butter are indicative of the presence of lactose.

Nutrition Facts	
Serving Size 100 g	
Amount Per Serving	
Calories 250	Calories from fat 10
% Daily Value*	
Total Fat 4%	4%
Saturated Fat 1.5%	4%
Trans Fat	
Cholesterol 50mg	28%
Sodium 150mg	15%
Total Carbohydrate 10g	3%
Dietary Fiber 5g	
Sugars 3g	
Protein 16%	
Vitamin A 1%	Vitamin C 3%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

- 2 Lactate (lactic acid), lactitol, milk protein and lactic acid bacteria/fermented lactic acid do not contain any lactose.⁴

- 3 In Canada, a product that contains less than 0.1g lactose per 100g may be called 'lactose free' and for most people with lactose intolerances, this amount of lactose does not cause digestive issues.⁴

- 4 Oftentimes you will see either 'lactase' or a lacto-bacteria listed in the ingredient list of lactose free or lactose reduced products, which can help to indicate that the product has little to no lactose in it.



Always consult a registered dietitian before considering eliminating foods or food groups.

References:

¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7318541/#:~:text=The%20curds%20used%20to%20produce,ones%20%5B18%2C%204%7%5D>

² <https://www.hamiltonhealthsciences.ca/wp-content/uploads/2019/08/EatingLessLactose-rla.pdf>

³ <https://greenvalleylactosefree.com/faqs/lactose-free-dairy-nutritional-value-compared-to-regular#:~:text=Removing%20lactose%20from%20milk%20by,to%20their%20lactose%20containing%20counterparts>

⁴ <https://www.ncbi.nlm.nih.gov/books/NBK310258/>

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