



# Label Reading Tips for a Lactose-Free Eating Plan

Reading the ingredient list underneath or near the food and nutrition labels is an important habit to learn when looking for foods that are safe on a lactose-free eating plan. Manufacturers are required to state all ingredients that could contain milk on the ingredient list because milk is one of the nine main allergens. Look for the words “contains milk” when reviewing these labels.

If the food or beverage does contain milk, then it will need to be labeled Lactose Free and have lactase enzyme added to it to be safe on a lactose-free plan. If a food or beverage does not contain milk, then it’s automatically lactose-free because it’s dairy-free.

## Label Reading Tips

If you see any of the following ingredients on the label, the food may contain lactose:

- Butter
- Buttermilk
- Cheese
- Cream
- Chocolate milk
- Evaporated milk
- Goat’s milk
- Powdered milk
- Ice cream
- Milk
- Milk chocolate
- Milk solids
- Sherbet
- Sweetened condensed milk
- Whey
- Yogurt

To avoid lactose, check food labels for all packaged foods. For example, you may find some of the ingredients listed above in the following items:

- Baked goods
- Lunch meats
- Hot dogs
- Pre-made mashed potatoes
- Instant soups
- Beverage mixes
- Milk chocolate candies
- Margarine
- Salad dressings
- Pancake and cake mixes

The following ingredients come from milk but **do not** contain lactose (so they are fine to have on a lactose-free eating plan):

- Casein
- Lactalbumin
- Lactate
- Lactic acid