

Lactose Content of Foods and Beverages

Most, though not all, lactose-intolerant individuals can consume a few grams of lactose without difficulty. If you are very sensitive, please ask your pharmacist to check for the presence of lactose in your medications, as it is often used as a filler or coating. The \leq symbol means “less than or equal to”. When lactose data is not available and there is no added sugar in the product, it is logical that the amount of lactose in the milk product must be less than or equal to the “total sugar. In aged cheese, yogurt and kefir, some of the lactose present has probably been broken down by microbes to glucose and galactose, so in reality, the grams of lactose are probably less than the grams of total sugar.

Food	Portion	Lactose, grams	Source	Notes
Acidophilus milk	1 cup	≤ 12.00	USDA SR-22	
American cheese	1 ounce	1.08	USDA SR-22	
Bleu cheese		$\leq .57$	USDA SR-22	No added sugar. Total carbs=.57 grams
Boost, all types	1 serving	0	Nestlé	
Butter	1 teaspoon	0	USDA SR-22	
Carnation IB Essentials	1 packet	?	Nestlé	Contains nonfat dry milk powder.
Cheddar cheese	1 ounce	.05	USDA SR-22	
Chocolate milk	1 cup	9.57	USDA SR-22	
Cottage cheese	$\frac{1}{2}$ cup	2.80	USDA SR-22	
Cottage cheese, lactose-free	$\frac{1}{2}$ cup	0	McNeil	
Cream, light	$\frac{1}{2}$ cup	$\leq .04$	USDA SR-22	No added sugar. Total sugars=.04 grams.
Cream cheese	2 tablespoons	.91	USDA SR-22	
Eggnog	1 cup	10.24	USDA SR-22	
Ensure, all types	1 serving	0	Abbot	
Evaporated milk	1 cup	25.20	USDA SR-22	
Glucerna	1 serving	0	Abbot	
Goat milk	1 cup	≤ 10.86		No added sugar. Total sugars=10.86 grams
Goat cheese	1 ounce	$\leq .72$	USDA SR-22	No added sugar. Total sugars=.72 grams
Greek yogurt	6 fluid ounces	≤ 6.75	USDA SR-22	No added sugar. Total sugars=6.75 grams
Half and half (regular)	2 tablespoons	$\leq .05$	USDA SR-22	No added sugar. Total sugars=.05 grams
Half and half (nonfat)	2 tablespoons	?	USDA	Guess is 1.52 grams (based on nonfat milk)
Ice cream	$\frac{1}{2}$ cup	varies		Varies with recipe. See milk and cream.
Ice cream, lactose free	$\frac{1}{2}$ cup	0	McNeil	
Kefir	1 cup	2	Liefeway	
Margarine	1 teaspoon	0	USDA SR-22	
Milk (nonfat)	1 cup	12.15	USDA SR-22	
Milk (whole)	1 cup	11.66	USDA SR-22	
Milk, lactose-free	1 cup	0	McNeil	
Milkshake	12 fluid ounces	varies		Varies with recipe. See milk and cream.
Nonfat dry milk powder	1 cup	34.62	USDA SR-22	
Parmesan cheese, grated	2 Tb	.02	USDA SR-22	
Ricotta cheese	1 cup	$\leq .66$	USDA SR-22	
Sherbet	$\frac{1}{2}$ cup	varies		Varies with recipe.
Sorbet	$\frac{1}{2}$ cup	0		Sorbet does not contain milk.
Sour cream (nonfat, light)	2 tablespoons	$\leq .12$	USDA SR-22	No added sugar. Total sugars=.12 grams
Sour cream (whole)	2 tablespoons	.69	USDA SR-22	
Sweetened condensed milk	1 cup	?		60% water removed, lactose and other sugars added. Guess is >30 grams
Swiss cheese	1 ounce	.02	USDA SR-22	
Whey protein concentrate	1 ounce	varies		Varies. Check added/total sugars for clues.
Whey protein isolate	1 ounce	0	Davisco	
Whipping cream	$\frac{1}{2}$ cup	$\leq .13$	USDA SR-22	No added sugar. Total sugars=.13 grams
Whipped cream	2 tablespoons	$\leq .02$	USDA SR-22	No added sugar. Total sugars=.02 grams
Yogurt (nonfat)	6 fluid ounces	≤ 14.11	USDA SR-22	No added sugar. Total sugars=14.11 grams
Yogurt (whole)	6 fluid ounces	≤ 8.56	USDA SR-22	No added sugar. Total sugars=8.56 grams