

Lactose Intolerance Survival Guide

Everything you need to kick-start a dairy-free diet.

Created by Sutter Health dietitians, Debbie Lucas, MS, RD, CDE and Vicky Bourdaniotis, RD.

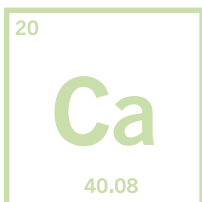
CAN'T DO WITHOUT DAIRY?

TRY THESE SUBSTITUTES INSTEAD



INSTEAD OF THIS	TRY THIS
Cow's milk	Calcium fortified soy, almond, hemp or rice milk
Yogurt	Soy or non-dairy yogurt
Cheese	Soy or nut-based cheeses
Ricotta cheese	Make your own from tofu
Ice cream	Sorbet or frozen desserts from soy, coconut or rice milk
Cream cheese	Soy-based cream cheese
Parmesan cheese	Nutritional yeast will give you that 'cheesy' flavor on top of your pasta
Butter or margarine	Non-dairy margarine, such as Earth Balance
Sour cream	Non-dairy sour cream, such as Tofutti or Better than Sour Cream
Cream [in your coffee]	Soy cream, coconut cream or the previously mentioned non-dairy milks

HOW MUCH CALCIUM DO YOU NEED?



If you're going dairy-free, you'll want to pay close attention to your calcium intake. See what you need.

AGE GROUP	DAILY CALCIUM NEEDS [mg]
0-6 months	210 mg
7-12 months	270 mg
1-3 years	500 mg
4-8 years	800 mg
9-18 years	1,300 mg
19-50 years	1,000 mg
51-70+ years	1,200 mg
Pregnant or breastfeeding	1,000 – 1,300 mg

Note: One cup of cow's milk contains 30% DV calcium. This is the equivalent to 300 mg calcium



FRESH IDEAS: HIGH-CALCIUM, LACTOSE-FREE FOODS

300 mg
Calcium
Per Serving

- 1 cup cooked rhubarb
- 1 cup calcium-fortified non-dairy milk
- 1 cup calcium-fortified orange juice
- 3 oz. canned salmon (with soft bones)
- 3 oz. sardines (with soft bones)

150 mg
Calcium
Per Serving

- 1 cup calcium-fortified cereal
- ½ cup tofu made with calcium
- 1 tbsp blackstrap molasses

100 mg
Calcium
Per Serving

- ¼ cup almonds
- ½ cup cooked greens (kale, collards, turnip, mustard, bok choy)
- ½ cup soy beans
- ½ cup tofu

50 mg
Calcium
Per Serving

- 1 medium orange
- ½ cup cooked broccoli
- ½ cup canned pinto beans



3 DAY MEAL PLAN

SAMPLE MENU: DAY 1

Breakfast	1 cup oatmeal 2 tbsp almonds ½ cup calcium-fortified orange juice 2 tbsp dried fruit (apricots, raisins, cranberries)
Snack	2 oz almond milk cheese 1 small apple (4 oz.)
Lunch	3 oz salmon 1 cup chopped kale salad with ¼ cup (each) black beans, bell peppers, tomato 1 whole grain roll 1 small pear (4 oz.) 1 cup calcium-fortified soy, almond or rice milk
Snack	4 oz calcium-fortified soy yogurt
Dinner	2 corn or wheat tortillas (for tacos) ½ cup grilled and chopped chicken breast ¼ cup broccoli, chopped ¼ cup onions ½ cup pinto or black beans 2 tbsp almond milk cheese 1 cup calcium-fortified soy, almond or rice milk

A safe, dairy-free
sampling to get
you started.



SAMPLE MENU: DAY 2

Breakfast	1 whole wheat english muffin 2 oz almond milk cheese 1 slice tomato 1 small banana 1 cup calcium-fortified soy, almond or rice milk
Snack	3 graham crackers 6 oz calcium-fortified soy yogurt
Lunch	1 large mixed greens salad (chopped kale, collards and turnip greens) with 2 tbsp sliced almonds, cucumbers and tomato 2 tbsp oil and vinegar dressing or low-fat dressing 3 oz roast beef 2 slices rye bread 2 tbsp low-fat mayonnaise 1 cup strawberries 1 cup calcium-fortified soy, almond or rice milk
Snack	½ cup calcium-fortified orange juice 4 large celery sticks
Dinner	1 cup bean soup 4 oz baked fish 1 cup steamed broccoli 1 whole wheat roll 2 tsp non-dairy margarine ½ cup brown rice

SAMPLE MENU: DAY 3

Breakfast	2 corn tortillas ½ cup black beans or kidney beans 1 egg, scrambled in olive oil 2 tbsp salsa ½ cup calcium-fortified orange juice
Snack	1 cup berries 6 oz calcium-fortified soy yogurt
Lunch	Shrimp stir fry: 2 oz cooked shrimp ½ cup broccoli ½ cup peppers ½ cup onions ½ cup brown rice 2 tbsp low-sodium soy sauce 1 small orange (4 oz) 1 cup calcium-fortified soy, almond or rice milk
Snack	¼ cup almonds 1 cup berries
Dinner	3 oz grilled chicken breast ½ cup whole wheat pasta sprinkled with 2 tbsp almond milk cheese or nutritional yeast 1 large mixed greens salad (kale, collards, turnip greens) with 2 tbsp oil/vinegar dressing 2 tbsp sliced almonds ½ cup mango chunks 1 cup calcium-fortified soy, almond or rice milk

THE LACTOSE FREE KITCHEN

SHOPPING LIST

REFRIGERATED SECTION

- Calcium-fortified soy, almond, rice or hemp milk (in refrigerated section or in shelf-stable boxes)
- Calcium-fortified soy yogurt
- Tofu (check label for tofu set with calcium)
- Calcium-fortified orange juice
- Dairy-free margarine
- Nut or soy-based cheeses

STAPLES

- Canned salmon or sardines
- Dried or canned beans: pinto, black, kidney, white, soy, garbanzo
- Corn tortillas (check label for those set with calcium)
- Almonds
- Blackstrap molasses

PRODUCE

- Dark green leafy veggies
- Oranges
- Broccoli