

## Lactose-free food label reading tips for cancer

Check the food label for the following foods or ingredients that may contain lactose:

- Butter
- Buttermilk
- Cheese
- Chocolate milk
- Cream cheese
- Evaporated milk
- Goat's milk
- Ice cream
- Ice milk
- Low-fat milk
- Margarine
- Milk
- Milk chocolate
- Milk solids
- Nonfat or skim milk
- Powdered milk
- Sherbet
- Sweetened condensed milk
- Whey
- Yogurt

Lactose may be hidden in packaged foods as well. Carefully check the ingredient lists on the following foods for lactose-containing ingredients:

- Baked goods
- Beverage mixes
- Cake mixes
- Candies
- Hot dogs
- Instant potatoes
- Instant soups
- Lunch meats
- Margarine
- Pancake mixes
- Salad dressings

Some ingredients come from milk, but don't contain lactose. These include:

- Casein
- Lactate
- Lactic acid
- Lactoalbumin

To replace a dairy product when cooking, try the following substitutions:

Original	Substitution
<b>1 Cup Whole Milk</b>	$\frac{1}{2}$ cup soy or rice milk and $\frac{1}{2}$ cup water <b>or</b> $\frac{1}{2}$ cup liquid non-dairy cream and $\frac{1}{2}$ cup water
<b>1 Cup Skim Milk</b>	$\frac{1}{2}$ cup non-dairy cream and $\frac{3}{4}$ cup water <b>or</b> 1 cup lactose-free milk
<b><math>\frac{1}{2}</math> Cup Cottage Cheese</b>	$\frac{1}{2}$ cup soft tofu