

17

Lactose-Controlled Diet

Patient name: _____ Admission: _____

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- I. **The client/caregiver can define lactose intolerance.**
 - A. It is the inability to digest significant amounts of lactose.
 - B. Lactose is the main sugar in milk.
 - C. It is the result of a shortage in the enzyme lactase.
 - D. The problem is more common in the following ethnic groups.
 - African Americans
 - Native Americans
 - Asian Americans

- II. **The client/caregiver can list signs and symptoms of lactose intolerance.**
 - A. Symptoms appearing about 30 minutes to 2 hours after taking in foods with lactose are
 - Abdominal bloating
 - Gas or flatulence
 - Abdominal cramps
 - Diarrhea
 - Nausea

- III. **The client/caregiver can list measures to manage this problem.**
 - A. Lactase enzymes can be taken orally to help digest lactose. They are manufactured in liquid and a chewable tablet.
 - B. Some commercial foods (such as lactose-free milk) come already treated with this enzyme.
 - C. Avoidance or limiting the use of milk and dairy products.
 - D. Ensure alternative source of calcium if unable to tolerate milk and milk products.

- IV. **The client/caregiver can list prepared foods that may contain lactose and may need to**

NRS
DATE INITIAL

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- be avoided if client has very low tolerance to lactose.**
- A. Foods that may contain lactose are
 - Breads and baked goods
 - Processed breakfast cereals and breakfast drinks
 - Instant potatoes, soups, and so forth that may contain dry milk/solids
 - Salad dressings
 - Mixes for pancakes, biscuits, or cookies
 - Powdered coffee creamers, whipped toppings, and so forth

 - V. **The client/caregiver can list sources of calcium that contain no lactose.**
 - A. Sources of dietary calcium for lactose intolerant clients are
 - Broccoli
 - Collard or turnip greens
 - Kale
 - Raw oysters
 - Salmon with bones (canned)
 - Sardines
 - Molasses
 - Tofu

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