

## Lactose Content of Common Dairy Foods\*

\*Note: These are estimates only; actual lactose content may vary by specific product, brand, or recipe.

Product	Serving Size	Approximate Lactose Content (grams)
Butter	1 tsp	0 <sup>a</sup>
Buttermilk	1 cup	9
Cheese	1 ounce	0-2
• Cheddar cheese, Swiss	1 ounce	<0.1
• Mozzarella	1 ounce	<0.1 <sup>a</sup>
• Bleu Cheese	1 ounce	<0.2 <sup>a</sup>
• American cheese	1 slice	1
• Cream cheese	1 ounce	1
Condensed milk (sweetened)	½ cup	3
Cottage cheese, 2% milkfat	½ cup	3
Cream (light)	½ cup	<0.2 <sup>a</sup>
Evaporated Milk	1 cup	25 <sup>a</sup>
Frozen yogurt	½ cup	Varies by brand and recipe
Half-and-Half	½ cup	0.2 <sup>a</sup>
Ice cream	½ cup	Varies by brand and recipe
Margarine	1 tsp	0 <sup>a</sup>
Milk (nonfat, 1%, 2%, whole)	1 cup	12-13
Milk, Lactose-Free	1 cup	0 <sup>b</sup>
Nonfat Dry Milk Powder (unreconstituted)	1 cup	62 <sup>a</sup>
Sherbet, orange	½ cup	2 <sup>b</sup>
Sour Cream	2 tbsp	0.7
Sorbet	½ cup	Sorbet does not contain milk
Whipped Cream topping, pressurized	2 tbsp	<0.5 <sup>a</sup>
Yogurt, low fat	6 oz	5 – 10 g <sup>c</sup> (note: although yogurt contains lactose, cultured yogurt is generally well tolerated by persons with lactose intolerance)

**References:** Unless otherwise noted, levels are per the USDA National Nutrient Database (SR-25) as of 2012.

<sup>a</sup> Specific lactose Content not available in USDA National Nutrient database; amount listed is total sugar content per USDA National Nutrient database referenced above

<sup>b</sup> Per Lactaid® website: [www.lactaid.com](http://www.lactaid.com)

<sup>c</sup> Per direct communication with several major yogurt manufacturers