

Lactose Content of Common Dairy Foods*

***Note: These are estimates only; actual lactose content may vary by specific product, brand, or recipe. Please check labels or with manufacturer for specific information.**

Product	Serving Size	Approximate Lactose Content (grams)
Butter	1 tsp	0
Buttermilk	1 cup	9 - 12
Cheese	1 ounce	
• Cheddar cheese, Swiss	1 ounce	<1
• Mozzarella	1 ounce	<1
• Bleu Cheese	1 ounce	<1
• American cheese	1 slice	1 - 4
• Cream cheese	1 ounce	1
Condensed milk (sweetened)	½ cup	3
Cottage cheese, 2% milkfat	½ cup	3
Cream (light)	½ cup	<0.2
Evaporated Milk	1 cup	25
Half-and-Half	½ cup	0.2
Ice cream and frozen yogurt	½ cup	2 - 6 Varies by brand and recipe
Margarine	1 tsp	0
Milk (nonfat, 1%, 2%, whole)	1 cup	12-13
Milk, 100% Lactose-Free	1 cup	0
Nonfat Dry Milk Powder (unreconstituted)	1 cup	62
Sherbet	½ cup	2
Sour Cream	2 tbsp	0.7
Sorbet	½ cup	0
Soy milk or other plant/nut based milk	1 cup	0
Whipped Cream topping, pressurized	2 tbsp	<0.5
Yogurt**	6 oz	
• Low, fat		5 - 12
• Greet		4
		**note: although yogurt contains lactose, cultured yogurt is generally well tolerated by persons with lactose intolerance