

Table 1

Milk products in food and drink that may be labelled

Milk
Milk
Cream (full or whipped)
Dry milk powder (skimmed/unskimmed)
Evaporated milk
Condensed milk (sweetened/unsweetened)

Processed milk
Cheese
Yoghurt
Rennet
Curd
Whey (liquid or powder)
Buttermilk
Butter
Milk fat
Milk solids
Milk protein
Milk sugar
Ice cream
Lactose

Table 2

Symptoms of lactose intolerance versus milk allergy

Symptom	Milk Allergy	Lactose Intolerance
Allergic	Eczema, stuffed up nasal passage, urticaria, asthma and wheezing, bronchitis	Eczema, stuffed up nasal passage, urticaria, asthma and wheezing
Gut	Vomiting, colic, diarrhoea, constipation, IBS	Vomiting, colic, diarrhoea, constipation, gas, tummy rumbling, IBS
Neurological	Irritability, apathy, collapse	Headache, chronic fatigue, concentration loss
Heart	None	Palpitations
Muscle/joints	None	Pain and stiffness
Other	None	Increased weeing

Table 3

Where lactose that may be found in food and drink

Milk products (see Table 1)	Chocolate
Processed meat and sausages	Jams and jellies
Precooked meals	Slimming drinks
Italian and Asian cooked meals, eg chicken tikka or korma	Health drinks
Packed sandwiches	Batter on frozen foods, eg meat, fish and potatoes
Cakes & biscuits	Tinned vegetables

Table 4

Lactose in dairy products

Dairy item	Relative level	Approx. % lactose per 100g	Dairy item	Relative level	Approx. % lactose per 100g
Lactose	Maximum	100%	Feta cheese	High	4%
Whey	Extremely high	70%	Natural yoghurt	Moderate	2%
Dry skimmed milk powder	Extremely high	50%	Sherbet	Moderate	1%
50/50 Cream	Extremely high	45%	Parmesan cheese	Moderate	1%
Condensed skim milk	Very high	18%	Milk proteins	Low	0-2%
Evaporated milk	Very high	10%	Cheddar cheese	Low	0-2%
Dry cream	Very high	18%	Camembert cheese	Low	0-1%
Ice cream	High	7%	Reduced lactose milk	Low	Less than 1%
Cow's milk	High	5%	Lactose 'free' milk	Low	0-0.5%
Goat's milk	High	4%	Butter	Low	0.4%
Buttermilk	High	4%	Clarified butter	Virtually none	0
Commercial yoghurt	High	4%	Butter oil	None	0