

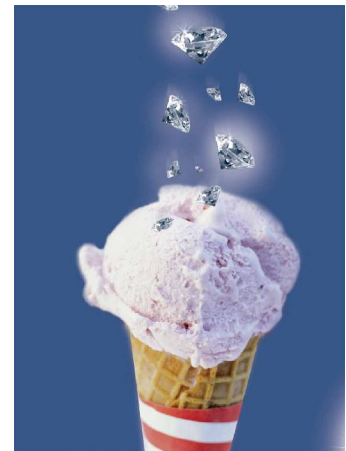


Lactose content of dairy products

Product	Lactose (g)
Milk (1 cup = 240 ml)	
Whole	9 – 12
2%	9 – 13
1%	12 – 13
Skim	11 – 14
Chocolate	10 – 12
Buttermilk	9 – 12
Evaporated	24 – 28
Sweetened condensed	31 – 50
Lactose reduced low fat milk	3
Goat's milk	11 – 12
Acidophilus, skim	11
Yogurt, low fat (1 cup = 240 ml)	4 – 17
Cheese (1 oz = 28.4g)	
Cottage (1 cup)	1.4 – 8
Cheddar, sharp	0.4 – 0.6
Swiss	0.5 – 1
Mozzarella, part skim low moisture	0.08 – 0.9
American, pasteurized, processed	0.05 – 4
Ricotta (1 cup)	0.6 – 12
Cream	0.1 – 0.8
Butter (1 pat = 5 g)	0.04 – 0.5
Cream (1 tablespoon = 15 ml)	
Light	0.6
Whipping	0.4 – 0.5
Sour	0.4 – 0.5
Ice cream (1 cup = 240 ml)	4 – 8
Ice milk (1 cup = 240 ml)	10
Sherbet (1 cup = 240 ml)	1.2 – 4



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Sources:

Scrimshaw, N.S., and Murray, E.B., *Am. J. Clin. Nutr.*, 48(suppl. 4), 1988.

Bowes & Church's Food Values of Portions Commonly Used. Jean A. Pennington, 1989.