



Lactose content in foodstuffs

The following tables make your shopping easier by showing how many grams of lactose are contained in different foodstuffs on average.

Milk drinks



Per 100 g/ml of foodstuffs	Lactose content in g
Buttermilk	4.0
Sour milk 1.5%	4.1
Fruit buttermilk	3.2
Cocoa	4.6
Latte macchiato	4.4
Milk 1.5%	4.8
Milk-based drinks	5.1 - 6.9
Whey drinks	3.5 - 5.2
Whole milk 3.5%	4.7
Goat's milk	4.4

Butter, cottage cheese & etc.



Per 100 g/ml of foodstuffs	Lactose content in g
Butter	0.6
Crème fraîche	2.0 - 3.6
Double cream cheese 60%	2.5
Yoghurt 3.5%	3.2 - 5.6
Kefir	3.5 - 6.0
Low-fat curd cheese	3.2 - 4.1
Margarine	0.0 - 1.0
Sour cream 10%	3.3
Whipped cream 30%	3.3
Butter	0.6

Cheese



Per 100 g/ml of foodstuffs	Lactose content in g
Camembert 45%	0.0 - 0.5
Edam 45%	0.0 - 0.5
Feta 45%	0.0 - 0.5
Gouda 45%	0.0 - 0.1
Mozzarella	0.1 - 3.1
Parmesan	0.0 - 0.5
Ricotta	0.3 - 3.6
Roquefort	0.0 - 0.5
Soft cheese 10-70%	0.0 - 6.3
Tilsit 45 %	0.0 - 0.5

Sweet



Per 100 g/ml of foodstuffs	Lactose content in g
Bee sting cake (yeast dough, rich in fat)	2.1
Butter biscuits	5.3
Ice cream	1.9 - 6.9
Semolina pudding	2.8 - 6.3
Cheese cream cake	1.7
Milk chocolate	9.5
Nut nougat cream	1.0 - 2.0
Blancmange	2.8 - 6.3
Cream and fruit yoghurt	3.2

Source: DEBIne

Lactose-free foodstuffs:

eggs, fish, fresh fruit and vegetables, fruit and vegetable juices, chicken, cereals, honey, legumes, coffee, potatoes, jams, noodles, nuts, oil, rice, salt, soya milk and soya products, sweetener (liquid), tea, unprocessed meat, sugar

Beware! These products may also contain fructose:

Confectionary products, e.g. ice cream, cream and caramel sweets, chocolate, pralines; **bread and bakery products**, e.g. baking mixes, cakes, milk rolls, rusks; **instant products**, e.g. mashed potato powder, sauces, soups; **ready-made food**, e.g. fast food, ready meals, canned food, frozen dishes; **other**, e.g. meat and sausage products, spice blends, margarine, medication, food supplements

Lactose hides behind many terms:

butter, skimmed milk, lactose, lactose monohydrate, milk (powder), whey (powder), whey products, cream (powder), sour whey (powder), sour cream, sweet whey (powder), whole milk (powder).

Tip: sanotact® lactase - so you can enjoy milk carefree

sanotact® lactase products in different strengths support lactose digestion in the case of lactose intolerance.



Lactase 7,000 direct:

Flexibility for every day with the highest dosage in the click dispenser

Lactase 12,000 express:

High dosage of lactase with express action for spontaneous enjoyment - in a smart metal box

Lactase 22,000 4h sustained release:

Extra high dose - works immediately and continually for 6 hours of carefree enjoyment