

## Examples of lactose levels in foods

As industry standardization has not been established concerning lactose content analysis methods (nonhydrated form or the monohydrated form), and considering that dairy content varies greatly according to labeling practices, geography, and manufacturing processes, lactose numbers may not be very reliable. The following table contains a guide to the typical lactose levels found in various foods.<sup>1</sup>

Dairy product	Serving size	Lactose content	Percentage
Milk, regular	250 ml	12 g	4.80%
Milk, reduced fat	250 ml	13 g	5.20%
Yogurt, plain, regular	200 g	9 g	4.50%
Yogurt, plain, low-fat	200 g	12 g	6.00%
Cheddar cheese	30 g	0.02 g	0.07%
Cottage cheese	30 g	0.1 g	0.33%
Butter	1 tsp (5.9ml)	0.03 g	0.51%
Ice cream	50 g	3 g	6.00%