

Food	Amount	Lactose (grams)
Milk	8 oz. (1 cup)	9-14
Yogurt, whole-milk	8 oz. (1 cup)	10-12
Yogurt, low-fat	8 oz. (1 cup)	5-19
Buttermilk	8 oz. (1 cup)	9-12
Milk, acidophilus skim	8 oz. (1 cup)	11
Ice milk	6 oz. (3/4 cup)	8
Ice cream	6 oz. (3/4 cup)	3-8
American cheese	1 1/2 oz.	0-6
Ricotta cheese	4 oz. (1/2 cup)	0-6
Velveeta cheese	1.5 oz.	4
Cottage cheese	4 oz. (1/2 cup)	0-4
Orange sherbet	6 oz. (3/4 cup)	1-2
Half and half	2 Tbsp.	1
Sour cream	2 Tbsp.	1
Hard cheese (most)	1.5 oz.	1
Cream cheese	1.5 oz.	0-1
Butter or margarine	1 Tbsp.	0