

FOODS AND INGREDIENTS THAT CONTAIN GALACTOSE

Food labels are our main tool for determining if a food is acceptable (or not) for the diet for galactosemia. Using this tool is key to eliminating as much galactose as possible. Foods and other ingredients that contain lactose or galactose are listed below and are considered **unacceptable**.

Butter

Buttermilk

Buttermilk Solids

Casein

Cheese including cottage cheese, cream cheese and other cheese-based products

Cream

Curds

Dry milk

Dry Milk Protein

Ghee-a clarified butter commonly used in Indian cooking

Hydrolyzed protein when made from casein or whey

Ice cream

Lactalbumin (also called milk albuminate)

Lactose

Lactoglobulin

Legumes – dry or canned peas and beans like garbanzo beans, kidney beans, lima beans, lentils, split peas, black beans, butter beans, soybeans and edemame.

Margarine - a few diet margarines or kosher margarines do not contain milk products and are acceptable. If margarine is listed as an ingredient check with the manufacturer to make sure it is milk free.

Milk

Milk chocolate

Milk solids

Nonfat dry milk

Nonfat dry milk solids

Nonfat milk

Organ meats-these include liver, heart, kidney, brains, sweetbreads, and pancreas. These are often listed as “meat byproducts” on labels.

Sherbet contains nonfat dry milk. This is different from *sorbet* which is more like a fruit ice and is often acceptable.

Sour cream

Whey and whey solids

Yogurt