

TABLE 10
Lactose Content of Milk and Other Dairy Products

<u>Product</u>	<u>Lactose (g)</u>
Milk (1 cup)	
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
Lactaid (lactose-reduced lowfat milk) ^a	3
Goat's milk	11-12
Acidophilus, skim	11
Yogurt, lowfat (1 cup)^b	4-17
Cheese (1 oz.)	
Cottage (1/2 cup)	0.7-4
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 (1/2 cup)	0.3-6
Cream	0.1-0.8
Butter (1 pat)	0.04-0.5
Cream (1 tbsp.)	
Light	0.6
Whipping	0.4-0.5
Sour	0.4-0.5
Ice Cream (1/2 cup)	2-6
Ice Milk (1/2 cup)	5
Sherbet (1/2 cup)	0.6-2

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

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

^b Studies have shown that yogurt with live active cultures is significantly better tolerated than milk because of its high lactase activity.