

LACTAID® Recipe Conversions

When you want to reduce or eliminate lactose in your recipes, substituting ingredients is an easy way to go. Here are some simple conversions that let you lose the lactose while keeping the flavor and the enjoyment.

If you can't find the right LACTAID® Product to substitute, or if you're eating out or at a friend's place, simply take LACTAID® Dietary Supplements with your first bite of dairy, and enjoy all your meals without the discomfort.

Ingredient Substitutions

Buttermilk/Sour Milk
(1 cup)

Substitute:

1 cup LACTAID® Milk mixed with 1 tbsp lemon juice or vinegar. Allow to stand for 5 minutes.

or

1 cup LACTAID® Milk mixed with 1 1/2 tsp cream of tartar.

Cottage Cheese

Substitute:

Simply use LACTAID® Cottage Cheese in the same amount.

Ice Cream

Substitute:

Simply use LACTAID® Ice Cream in the same amount.

Milk

(Including Whole Milk, 2% Reduced Fat Milk, 1% Lowfat Milk, Fat Free Milk, Chocolate Milk)

Substitute:

Simply use LACTAID® Milk in the same amount.

Ricotta Cheese

(1 cup)

Substitute:

1 cup LACTAID® Cottage Cheese, whipped.

Sour Cream, Cultured

(1 cup)

Substitute:

1 cup LACTAID® Cottage Cheese, mixed with 2–3 tsp lemon juice, pureed in a blender.
