Lactose.com.au

THE FREE STARTER GUIDE

Living lactose-free *in Australia*

The safe-foods cheat sheet we wish someone had handed us on day one — what to eat, what to swap, and how to enjoy dairy again without the regret. Australian brands and shelves, not generic overseas advice.

Reviewed for accuracy by
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60+
FOODS SORTED

SECTION 1 — THE FOOD LIST

What’s safe, what to watch

A quick-glance guide to everyday foods. **Green** = low lactose, usually fine. **Orange** = high, take care. Everyone’s threshold differs — use this as a starting map, not a rulebook.

Hard cheeses (cheddar, parmesan)	None/Low
Butter	Low
Ghee	None
Aged / hard cheese	Low
Feta & halloumi	Low
Natural yoghurt	Low
Cream cheese	Low
Sour cream	Low
Dark chocolate	Low
Milk (regular)	High
Ice cream	High
Milk chocolate	High
Condensed milk	High
Milk powder	High
Whey protein (conc.)	High
Custard	High
Soft serve	High
Cream	Low

The hidden-lactose trap: lactose sneaks into bread, processed meats, biscuits, protein bars and some medications as “milk solids,” “whey” or “milk powder.” When in doubt, scan the ingredients for those three phrases.

SECTION 2 — SMART SWAPS

Australian swaps that actually work

You don’t have to give things up — just swap them. These are widely available in Woolworths, Coles and Aldi.

~~Regular milk~~
Lactose-free milk or oat milk
Zymil, Liddells, or any oat/soy for coffee

~~Ice cream~~
Lactose-free or sorbet
Many sorbets are naturally dairy-free

~~Regular yoghurt~~
Lactose-free or coconut yoghurt
Liddells lactose-free, or COYO

~~Milk chocolate~~
Dark chocolate (70%+)
Naturally much lower in lactose

~~Cream in cooking~~
Coconut cream or lactose-free cream
Works in most savoury dishes

~~Soft cheese~~
Aged hard cheese
Cheddar & parmesan are naturally low

Or keep the real thing: a lactase tablet taken with the first bite lets many people enjoy regular dairy comfortably. It’s not a cure, but for occasional treats it beats missing out. We’ve tested the ones on Australian shelves — the results are on the site.

SECTION 3 — EVERYDAY WINS

7 things that make it easier

The practical habits that regulars swear by.

1. **Timing beats avoidance.** If you use a lactase tablet, take it with your first mouthful — not after symptoms start. Enzyme has to meet the lactose.

2. **Small amounts spread out.** Most people tolerate some lactose; it's the big single hit that causes trouble. A splash in coffee is easier than a milkshake.

3. **Hard and aged cheeses are your friend.** The aging process breaks down most of the lactose — cheddar and parmesan are usually fine.

4. **Read for three words:** "milk solids," "whey," "milk powder." They're the usual hidden culprits.

5. **Yoghurt's live cultures help.** They pre-digest some of the lactose, which is why natural yoghurt is often tolerated better than milk.

6. **Eating out? Ask, don't assume.** Butter, cream sauces and "a little milk" hide everywhere. Most kitchens will tell you.

7. **If tiny amounts wreck you, get checked.** Reacting to a trace of dairy can point to something other than lactose — worth a GP conversation.

One honest note: this guide helps you manage lactose intolerance — it isn't a diagnosis. If symptoms are severe or you're unsure what's causing them, see your GP or an accredited practising dietitian.

Keep going — it gets easy

This cheat sheet is the starting map. On the site you'll find our real product tests, the full 60+ food guide, lactose-free recipes, and honest answers to the questions everyone asks.

Check your inbox

Over the next few days we'll send you our best tips, our tested product picks, and the odd recipe — no spam, unsubscribe anytime.

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