

# LACTOSE LIST

*FUNMEDDEV Ltd.*

Your health today and tomorrow

Glen Matten MSc &  
Georges Mouton MD

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Source	Lactose %
Whey	75%
Coffee cream	55%
Dried or powdered milk	52%
Condensed milk (sweetened)	16%
Low-Fat yoghurt	7%
Full-cream milk/whole and skimmed milk (cow's, goat's, sheep's milk)	5%
Full fat yoghurt, buttermilk	4%
Mozzarella, cream cheese, cottage cheese, young grated cheese	3%
Butter, Camembert, Brie, young Parmesan, young Gruyere, young Gouda	1%
Feta cheese	0,5%
Mature Parmesan, mature Gruyere, mature Gouda, mature goat's cheese, mature sheep's cheese	0,1%