

Specialty Grocery Shopping List: Lactose-Free Foods

Dairy

- ___ Lactose-Free Milk
- ___ Lactose-Free Ice Cream
- ___ Lactose-Free Cream Cheese
- ___ Lactose-Free Yogurt
- ___ Lactose-Free Cheese
- ___ Lactose-Free Sour Cream
- ___ Other
- ___ _____
- ___ _____
- ___ _____

Breads/Cereal

- ___ Lactose-Free Cereal
- ___ Lactose-Free Cereal Bars
- ___ Lactose-Free Bread
- ___ Lactose-Free Frozen Bread
- ___ Other
- ___ _____
- ___ _____
- ___ _____

Baking/Cooking

- ___ Lactose-Free Baking Mix
- ___ Lactose-Free Cake Mix
- ___ Lactose-Free Frosting
- ___ Lactose-Free Cookie Mix
- ___ Lactose-Free Brownie Mix
- ___ Lactose-Free Pancake Mix
- ___ Other
- ___ _____
- ___ _____
- ___ _____

Packaged Foods

- ___ Lactose-Free Deli Meats
- ___ Lactose-Free Hot Dogs
- ___ Lactose-Free Frozen Meals
- ___ Lactose-Free Nutrition Drinks
- ___ Lactose-Free Cookies
- ___ Lactose-Free Crackers
- ___ Other
- ___ _____
- ___ _____
- ___ _____

Lactose-Free Alternatives

- ___ Soy Yogurt
- ___ Soy Sour Cream
- ___ Pareve Bakery Items
- ___ Non-Dairy Creamer
- ___ French Bread
- ___ Italian Bread
- ___ Soy Milk
- ___ Rice Milk
- ___ Almond Milk
- ___ Other
- ___ _____
- ___ _____
- ___ _____

Miscellaneous

- ___ Lactase Enzyme
- ___ Other
- ___ _____
- ___ _____
- ___ _____

Other

- ___ _____
- ___ _____
- ___ _____
- ___ _____
- ___ _____
- ___ _____
- ___ _____
- ___ _____
- ___ _____
- ___ _____

Notes
