

It may be helpful to you to laminate these cards and carry them in your wallet.

Avoid these ingredients:

Buttermilk and solids	Milk and milk solids
Calcium caseinate	Milk chocolate
Casein	Cheese
Cream	Sodium caseinate
Hydrolyzed protein	made from casein or whey
Sour cream	Butter
Lactalbumin (milk albuminate)	Whey and whey solids
Lactose	Yogurt

Galactosemia

The goal of dietary treatment for galactosemia is to minimize galactose intake which in turn minimizes galactose-1-phosphate production. Galactose-1-phosphate levels are determined by: 1) individual internal galactose production, 2) the specific allele for galactosemia, and 3) galactose intake from foods. It is not possible for a person with galactosemia to have a galactose-free diet. However, all persons with galactosemia should limit galactose intake from foods to a very low level. The galactose-1-phosphate levels of the individual determine the degree of dietary restriction necessary.