

PRODUCT	LACTOSE CONTENT (gm)	CALCIUM CONTENT (mg)
Skim milk (8 oz.)	11	300
Low fat yogurt (8 oz)	5-9	400
Ice cream (1/2 cup)	6	80-90
Most hard cheese (1 oz)	0-1	200
Cottage cheese (1/2 cup)	2-3	75
Cream cheese (1 T)	1	***
Butter	trace	0

# lactose & calcium