Galactosemia Food Guide

⛔ NO



Milk
any animal



Butter



Cheese✳



Ice cream



Gelato



Yogurt



Cream



Sour cream



Sherbet



Milk chocolate



Margarine



Fermented soy†
miso, soy sauce, tempeh, natto, sufu



Some alcohols
cream liqueurs, beer with "lactose"

These ingredients are NOT safe: milk, lactose, whey, buttermilk, cream, milk solids, dry milk, nonfat milk, milk derivatives, lactalbumin, lactoglobulin, lactostearin, hydrolyzed whey, hydrolyzed casein, and casein hydrolysate.

⚠️ **Quick check: if the package says CONTAINS: MILK, below the ingredient list, it's a NO and NOT safe.**

✳ **Aged, hard cheeses from the list below are ok if aged 1 year or more: Swiss, Jarlsberg, Gruyere, Emmentaler, mature Parmesan, mature Cheddar.** Even though these cheeses DO contain milk, they are safe. This list of aged, hard cheeses are the ONLY milk products that are safe. Choosing a safe cheese can be tricky. When in doubt, leave it out!

† **Fermented soy** foods should be limited, but a small amount can be allowed.

✅ YES



All fruit
Fresh, juice, or pickled



All vegetables
Fresh, juice, or pickled



Fresh meats
All fresh meats (chicken breast, salmon, tilapia, tuna, beef). Avoid marinated meats (since milk may have been added to the marinade); check the label on canned meats.



Eggs
All eggs (chicken eggs, duck eggs, quail eggs)



All beans & lentils
Navy, kidney, chickpeas, soybeans



Unfermented soy foods
Edamame, tofu, soy protein



Dark chocolate & cacao
(does NOT include milk chocolate)



Special baby formula
Usually soy-based. Talk to your Registered Dietitian

Specialty dairy-free products (check the label)

- ✓ **Dairy-free plant-based "milk"** (soy milk, almond milk, coconut milk, and oat milk)
- ✓ **Dairy-free cheese** (cashew-based cheese, and other plant-based cheese without milk products)
- ✓ **Dairy-free ice cream** (coconut ice cream, and other plant-based ice cream without milk products)
- ✓ **Dairy-free yogurt** (coconut yogurt, and other plant-based yogurt without milk products)

Safe label words: lactate, lactic acid, lactylate (**not** lactose), hydrolyzed **vegetable** protein, sodium caseinate, calcium caseinate, natural & artificial flavorings, and all gums, including carrageenan.

Example: "milk"

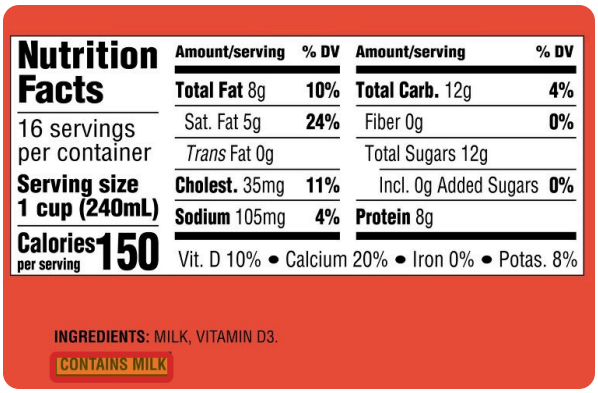
⛔ NO

Cow's milk ***or any animal milk***

FRONT



BACK



Nutrition Facts

16 servings per container

Serving size 1 cup (240mL)

Calories per serving 150

Amount/serving	% DV	Amount/serving	% DV
Total Fat 8g	**10%**	**Total Carb.** 12g	**4%**
Sat. Fat 5g	**24%**	Fiber 0g	**0%**
Trans Fat 0g		Total Sugars 12g	
Cholest. 35mg	**11%**	Incl. 0g Added Sugars	**0%**
Sodium 105mg	**4%**	**Protein** 8g	

Vit. D 10% • Calcium 20% • Iron 0% • Potas. 8%

INGREDIENTS: MILK, VITAMIN D3.

CONTAINS MILK

Not safe: the label says **CONTAINS: MILK**.

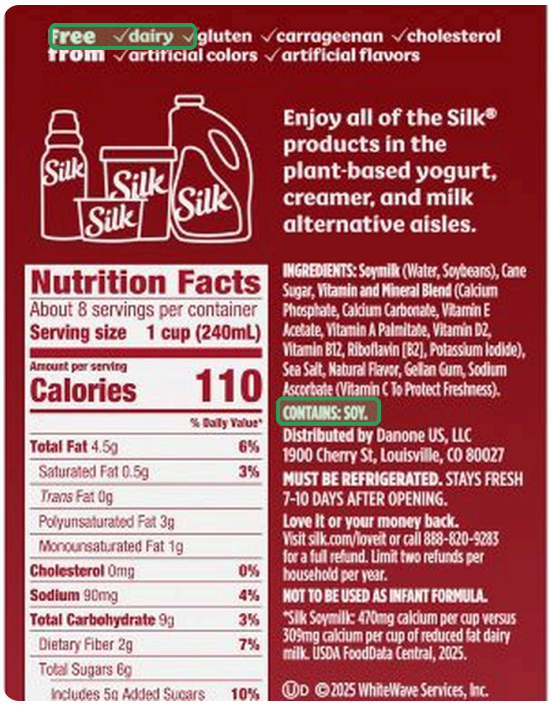
✅ YES

Soy milk ***or any dairy-free plant milk***

FRONT



BACK



Safe: made from soybeans. Label says **"free from dairy"** and **CONTAINS: SOY** (does NOT say "contains milk").

Food companies change their ingredients often. ALWAYS check the food label.
When in doubt, leave it out and talk to your Registered Dietitian.

Example: chicken nuggets

Always check the label for milk.

⛔ NO

"Real Good Foods" Chicken Nuggets

FRONT



BACK

INGREDIENTS: CHICKEN BREAST WITH RIB MEAT, WATER, CHICKPEA FLOUR. CONTAINS 2% OR LESS OF: SALT, WHEY PROTEIN CONCENTRATE, BAKING SODA, PAPRIKA, GARLIC POWDER, ONION POWDER, CITRIC ACID, CELERY POWDER, DRIED MUSTARD, BLACK PEPPER, THYME, BASIL, GINGER, OREGANO, WHITE PEPPER, TURMERIC, WHOLE EGG. FRIED IN CANOLA OIL.

CONTAINS: MILK, EGG.

Not safe: the label says **CONTAINS: MILK** and has **whey protein concentrate** (which is milk-based) listed as an ingredient.

✅ YES

"Perdue Simply Smart" Chicken Chunks

FRONT



BACK



Safe: says **CONTAINS: Wheat** (wheat is not milk; does NOT say "contains milk").

Food companies change their ingredients often. ALWAYS check the food label.
When in doubt, leave it out and talk to your Registered Dietitian.

FoodFlip
joinfoodflip.com

Example: ice cream

Always check the label for milk.

⛔ NO

"Breyers" Natural Vanilla Ice Cream

FRONT



BACK



Not safe: made with **milk, cream, and skim milk**, and the label says **CONTAINS: MILK**.

✅ YES

"So Delicious" Dairy Free Frozen Dessert

FRONT



ZOOMED IN



BACK

INGREDIENTS:

ORGANIC COCONUTMILK (WATER, ORGANIC COCONUT), ORGANIC CANE SUGAR, ORGANIC COCONUT OIL, ORGANIC TAPIOCA SYRUP, CONTAINS 2% OR LESS OF: PEA PROTEIN, LOCUST BEAN GUM, GUAR GUM, VANILLA BEAN SPECKS, VANILLA EXTRACT, NATURAL FLAVOR.

CONTAINS COCONUT.

MAY CONTAIN OTHER TREE NUTS.

Safe: the front says **"Dairy Free,"** and it is made from **coconut milk** (no animal milk, does NOT say "contains milk").

Food companies change their ingredients often. ALWAYS check the food label.
When in doubt, leave it out and talk to your Registered Dietitian.

Example: cocoa & chocolate powder

Always check the label for milk, even a "may contain milk" warning.

⛔ NO

"Nesquik" Chocolate Powder

FRONT



BACK

Ingredients: sugar, cocoa processed with alkali, soluble corn fiber, less than 2% of soy lecithin, salt, natural flavor, spice.
Contains: soy. **May contain milk** **and wheat.**

Not safe: the label warns it **"may contain milk."** A "may contain milk" warning means it is a NO.

✅ YES

"Good & Gather" Unsweetened Cocoa Powder

FRONT



BACK



Safe: the only ingredient is **cocoa**, with no milk and no "may contain milk" warning.

Food companies change their ingredients often. ALWAYS check the food label.
When in doubt, leave it out and talk to your Registered Dietitian.

References

- Galactosemia Foundation, Jaguar Gene Therapy. *Navigating Galactosemia Life Stages: A Handbook for the Galactosemia Community.* 2022 ed. Galactosemia Foundation; 2022. Accessed November 8, 2026. https://galactosemia.org/wp-content/uploads/2022/07/GalactosemiaHandbook_DIGITAL_2022.pdf
- Robertson L, Tapley S, Sparks A, McDonald J, Condie E, Bailey S. Dietetic management of adults with classical galactosaemia in the UK: a care consensus document. *Mol Genet Metab Rep.* 2025;45:101277. doi:10.1016/j.ymgmr.2025.101277
- Welling L, Bernstein LE, Berry GT, et al. International clinical guideline for the management of classical galactosemia: diagnosis, treatment, and follow-up. *J Inherit Metab Dis.* 2017;40(2):171-176. doi:10.1007/s10545-016-9990-5
- Portnoi PA, MacDonald A. The lactose and galactose content of cheese suitable for galactosaemia: new analysis. *JIMD Rep.* 2016;29:85-87. doi:10.1007/8904_2015_520
- Van Calcar SC, Bernstein LE, Rohr FJ, Scaman CH, Yannicelli S, Berry GT. A re-evaluation of life-long severe galactose restriction for the nutrition management of classic galactosemia. *Mol Genet Metab.* 2014;112(3):191-197. doi:10.1016/j.ymgme.2014.04.004
- van Kempen M, Bry C, Rubio-Gozalbo E, Treacy E, Bosch A. *The Classical Galactosemia European Care Pathway.* MetabERN; February 2026. Accessed November 8, 2026. https://metab.ern-net.eu/wp-content/uploads/2026/03/The-Classical-Galactosemia-European-Care-Pathway.pdf