

Diet for Galactosemia

Allowed Cheeses

These cheeses are considered safe as the levels of galactose have been analyzed and are not detectable or very minimal

Sharp Cheddar- all varieties
Swiss/Emmentaler and Gruyere
Tilsiter
Jarlsburg
Brick Parmesan (aged over 10 months), Parmegiano Reggiano

Allowed Legumes

All legumes (navy beans, kidney beans, garbanzo beans, soy beans)

- This includes soy-based products that are not fermented (soy milk, tofu, textured soy protein, hydrolyzed vegetable protein, unfermented soy sauce)

Allowed Ingredients

Sodium and calcium caseinates, carrageenan

Reminder – all fruits and vegetables are allowed

Cheese to Avoid

These cheeses are still not allowed as have been determined to either be high in galactose or more information is needed.

All regular Cheddar (mild or medium)
Soft cheeses (cream cheese, ricotta cheese, cheese dips and spreads)
Processed cheeses – Cheese slices white or orange), Cheez Whiz, Velveeta
Mozzarella, string cheese, Boccocini
Brie, Feta, Blue, Gorgonzola, Muenster

Milk-based ingredients to avoid

Casein, hydrolyzed casein protein, dry milk protein, dry milk solids, hydrolyzed whey protein, whey, lactose, lactalbumin