



Information on lactose intolerance and lactose content of selected Emmi products

When milk and dairy products cause problems

Some people are unable to take consuming milk and dairy products for granted. They have what is called lactose intolerance (an intolerance of milk sugar). It is estimated that around one in ten people in Switzerland have problems digesting lactose.

Lactose intolerance – what does it mean?

In people who are lactose intolerant, the sugar (lactose) from the milk cannot be broken down and digested due to insufficient production or activity of the enzyme lactase. As a result, the lactose remains in the intestines, undigested, where it binds with water and can lead to diarrhoea. The undigested lactose is also fermented by intestinal bacteria, producing intestinal gases which can lead to stomach pain, bloating and colic. However, lactose intolerance should not be confused with cow's milk protein allergy, which is rare.

Lactose intolerance – what can be done?

People suffering from lactose intolerance should seek to eliminate lactose from their diet as far as possible. Lactose is primarily present in cow's milk, but also in sheep and goat's milk, and the dairy products made from these. However, the food industry also frequently uses lactose and lactose-containing ingredients, e.g. in sausages, sweet breads, bread rolls and seasonings.

In most cases, switching to lactose-free milk and deliberately choosing well-tolerated dairy products is enough, but in some circumstances, particularly sensitive individuals have to avoid lactose entirely – including products containing only small amounts. By choosing suitable products, however, even lactose-intolerant consumers can ensure a good calcium intake and a healthy diet.

Testing individual tolerance

Individual tolerance of lactose can vary greatly, depending on enzyme activity. The following tables will be helpful for individuals who are able to tolerate small amounts of lactose well (in many cases, 5-7g lactose per day). The information will also assist with better dosing of prescribed digestive enzymes, as these have to be adjusted to the lactose content of the food concerned.



The lactose content of Emmi products

Thanks to a new production process, Emmi is now able to produce milk without the lactose but with just as much taste. Part of the lactose is removed from the natural milk using a physical process. The remaining lactose is then broken down into its smallest components, and part of this added back into the milk. This ensures that Emmi's lactose-free milk retains the usual milk taste, and can therefore be used in sweet and savoury dishes.

All lactose-free products from Emmi meet the legal requirements of the FDHA ordinance on special foods. This milk contains less than 0.1g lactose/100 ml.

- **Emmi good day – lactose-free milk (UHT and PAST)** (<0.1g lactose/100 ml)
Emmi good day – High Protein lactose-free milk (<0.1g lactose/100 ml)
Emmi good day – full cream lactose-free (<0.1g lactose/100 ml)
Emmi good day – coffee cream / Kaffeerahm lactose-free (<0.1g lactose/100 ml)
- **Emmi Caffè Latte Double Zero unsweetened / lactose-free** (<0.1g lactose/100 ml)
Emmi Caffè Latte Balance lactose-free (<0.1g lactose/100 ml)
Emmi myMüesli Breakfast Drink (<0.1g lactose/100 ml)
- **Emmi Aktifit (all flavors)** (<0.1g lactose/100 ml)
- **Emmi YoQua 15g Protein, low carb** (<0.1g lactose/100 ml)
Emmi Pudding Energy Milk High Protein (<0.1g lactose/100 ml)
Emmi Porridge High Protein 18g (<0.1g lactose/100 ml)
- **Emmi Ice Cream Senzazione cup lactose-free (all flavors)** (<0.1g lactose / 100g)
Emmi Ice Cream Senzazione can lactose-free (all flavors) (<0.1g lactose / 100g)
Emmi Ice Cream lollipop Sioux (<0.1 g lactose / 100g)
Pierro Ice Cream lollipop Magic (<0.1g lactose / 100g)
- **Emmi clarified butter / Bratbutter** (<0.1g lactose / 100g)
- **Emmi Mozzarella ball lactose-free** (<0.1g lactose/100ml)
- **Gerber extra portions - lactose-free** (<0.1g lactose / 100g)
Gerber slices Toast / Sandwich and Gruyère – lactose-free (<0.1 g lactose / 100g)
- **Gerber Fondue (all sorts)** (<0.1g lactose / 100g)
- **Emmi Raclette and Emmi Grill Cheese (all sorts)** (<0.1g lactose / 100g)
- **Emmi extra-hard, hard and semi-hard cheeses by nature**

The majority of lactose passes into the whey when making cheese. The lactose that is present in fresh cheese is broken down entirely during the cheese ageing process. As a result, all extra-hard, hard and semi-hard cheeses are lactose-free and are therefore also tolerated by lactose-intolerant consumers.



Soft cheese only contains traces of lactose

- **Emmi soft cheeses**

Soft cheeses contain at most traces of lactose after manufacture and cheese ageing. These cheeses are usually well tolerated.

Butter is usually well tolerated

- **Emmi butter**

Due to its high fat content, butter contains little lactose. Its low lactose content and limited consumption mean that butter is relatively well tolerated. However, some particularly sensitive people have to avoid butter despite the low lactose content.

Fermented dairy products are usually well tolerated

- **Emmi yogurt, sour milk, quark and blanc battu**

Scientific studies have shown that despite their lactose content, fermented dairy products are often well tolerated. The action of the lactic acid cultures present in each of these products means that the lactose is largely broken down, improving tolerance. The lactase in lactic acid cultures also promotes digestion of lactose.



Lactose content of Emmi products

Milk/cream / butter / QimiQ	Lactose content
Emmi good day milk drink / Milchgetränk (PAST/ UHT) - lactose-free	< 0.1g lactose/100ml
Emmi high protein milk drink / Milchgetränk (UHT) - lactose-free	< 0.1g lactose/100ml
Emmi whole milk / Vollmilch (UHT/PAST)	approx. 4.6g lactose – 4.7g lactose/100ml
Emmi drink milk / Milchdrink (UHT/PAST)	approx. 4.6g lactose – 4.7g lactose/100ml
Emmi skimmed milk / Magermilch 0,1% Fett	approx. 4.7g lactose/100ml

Emmi Die Bratbutter / clarified butter	< 0.1g lactose/100g
Emmi Die Butter	approx. 0.6g lactose/100g
Emmi Premium Butter	approx. 0.6g lactose/100g
Emmi Butter&Rapsöl / butter&rapeseeds oil	approx. 0.4g lactose/100g
Floralp Butter	approx. 0.6g lactose/100g

Emmi good day full cream lactose-free	< 0.1g lactose/100g
Emmi good day coffee cream lactose-free	< 0.1g lactose/100g
Emmi double cream / Doppelrahm	approx. 2.0g lactose/100ml
Emmi full cream / Vollrahm (PAST/UHT)	approx. 3.1g lactose/100ml
Emmi single cream / Halbrahm (PAST/UHT)	approx. 3.3g lactose – 3.7g lactose/100ml
Emmi single cream f. sauces /Saucenhalbrahm	approx. 3.3g lactose – 3.7g lactose/100ml
Emmi sour cream / Saurer Halbrahm	approx. 3.3g lactose/100ml
Emmi coffee cream / Kaffeerahm	approx. 3.8g lactose/100ml
Emmi crème fraîche various types	approx. 2.5g lactose/100g
Emmi Mascarpone cheese / Mascarpone	approx. 3.5g lactose/100g
Emmi QimiQ 15% fat	approx. 3.7g lactose/100g
Emmi Crémige Basismasse 12% fat	approx. 3.0g lactose/100g

Yogurts	Lactose content
Emmi YoQua 15g protein low carb	< 0,1g lactose/100g
Emmi YoQua nature 150g	approx. 4.1g lactose/100g
Emmi YoQua various flavors 150g	approx. 3.5g lactose/100g
Emmi yogurt bifidus Sauermilch nature	approx. 4.5g lactose/100g
Emmi suisse yogurt nature	approx. 4.0g lactose/100g
Emmi suisse yogurt various flavors	approx. 3.4g lactose/100g
Emmi suisse yogurt light various flavors	approx. 5.0g lactose/100g
Emmi yogurtpur various flavors	approx. 3.2g lactose/100g
Emmi yogurtpur to go various flavors	approx. 3.2g lactose/100g
Emmi yogurt Moments various flavors	approx. 3.5g lactose/100g
Toni yogurt various flavors 180g	approx. 3.0g lactose/100g
Cristallina yogurt various flavors 180g	approx. 3.6g lactose/100g
Emmi yogurt Mix it various flavors	approx. 3.1g lactose/100g
Emmi Müesli Mix it various flavors	approx. 3.1g lactose/100g
Emmi Swiss Müesli various flavors	approx. 2.5g lactose/100g
Emmi Knusper Mix various flavors	approx. 3.0g lactose/100g
Emmi myMüesli various flavors	approx. 5.0g lactose/100g



Yogurt drinks / milk drinks

Lactose content

Emmi Aktifit all sorts lactose-free	< 0.1g lactose/100ml
Emmi Benecol various flavors	approx. 3.2g lactose/100ml
Emmi Yogi Drink various flavors	approx. 3.5g lactose/100ml
Emmi Yogurt Drink Bifidus various flavors	approx. 3.0g lactose/100ml
Emmi buttermilk / Buttermilch various flavors	approx. 4.5g lactose/100ml
Emmi myMüesli Breakfast Drink various flavors	< 0.1g lactose/100ml
Emmi CAFFÈ LATTE Double Zero <small>unsweeted</small>	< 0.1g lactose/100ml
Emmi CAFFÈ LATTE Balance lactose-free	< 0.1g lactose/100ml
Emmi CAFFÈ LATTE Cappuccino	approx. 3.7g lactose/100ml
Emmi CAFFÈ LATTE Macchiato	approx. 3.7g lactose/100ml
Emmi CAFFÈ LATTE Espresso	approx. 3.7g lactose/100ml
Emmi CAFFÈ LATTE Caramel and Vanilla	approx. 3.7g lactose/100ml
Emmi CAFFÈ LATTE Columbia	approx. 3.7g lactose/100ml
Emmi CAFFÈ LATTE Cold Brew	approx. 3.8g lactose/100ml
Emmi CAFFÈ LATTE Espresso Extra Shot	approx. 4.0g lactose/100ml
Emmi CHOCO LATTE	approx. 4.0g lactose/100ml
Emmi Energy Milk High Protein various flavors	approx. 4,5g lactose – 4,6g lactose/100ml
Emmi Energy Milk various flavors	approx. 4.1g lactose – 4.4g lactose/100ml
Emmi Micao choco drink	approx. 3.8g lactose/100ml
Emmi Comella choco drink	approx. 4.6g lactose/100ml

Quark / desserts

Lactose content

Emmi Porridge High Protein 18g	< 0.1g lactose/100g
Emmi Pudding Energy Milk High Protein	< 0.1g lactose/100g
Emmi Blanc Battu nature	approx. 3.5g lactose/100g
Emmi Magerquark / curd low fat	approx. 3.0g lactose/100g
Emmi Halbfettquark / curd half fat	approx. 2.5g lactose/100g
Emmi Rahmquark / curd cream	approx. 3.3g lactose/100g
Emmi Früchtequark / curd fruit	approx. 3.4g lactose/100g
Emmi Petit Suisse various flavors	approx. 2.5g lactose/100g
Emmi Quarkcrèmen various flavors	approx. 2.3g lactose – 2.7g lactose/100g
Emmi Coupe Chantilly various flavors	approx. 4.5g lactose – 4.8g lactose/100g
Emmi Crème Dessert various flavors	approx. 4.6g lactose – 5.5g lactose/100g
Emmi Milchreis various flavors	approx. 3.0g lactose – 3.8g lactose/100g
Emmi Griess-Töpfli various flavors	approx. 3.4g lactose – 4.0g lactose/100g
Emmi Porridge classic	approx. 3.5g lactose – 4.0g lactose/100g
Emmi Milkiss	approx. 3.9g lactose/100g
Emmi Bonta Divina various types	approx. 5.0g lactose/100g
Emmi Ooola secrets various types	approx. 1.8g lactose – 2.6g lactose /100g

Soft cheeses

Lactose content

Emmi Couronne	approx. 0.1g lactose/100g
Petit Chevrier Rouquin	approx. 0.1g lactose/100g
Reblochon 55%	approx. 0.1g lactose/100g



Semi-hard cheeses

Lactose content

Emmi Appenzeller all types	< 0.1g lactose/100g
Emmi Chäs Schiibe all types	< 0.1g lactose/100g
Emmi Fontal Suisse	< 0.1g lactose/100g
Emmi Kaltbach der Cremige-Würzige	< 0.1g lactose/100g
Emmi Luzerner Rahmkäse all types	< 0.1g lactose/100g
Emmi Luzerner Rustico	< 0.1g lactose/100g
Emmi „My Life“ ¼ fat	< 0.1g lactose/100g
Emmi Tilsiter all types	< 0.1g lactose/100g
Bündner Bergkäse	< 0.1g lactose/100g
Berner Käse	< 0.1g lactose/100g
Le Maréchal	< 0.1g lactose/100g
Erguel Jura	< 0.1g lactose/100g
Fontal Suisse	< 0.1g lactose/100g
Formaggella nostrano ¼ fat and ½ fat	< 0.1g lactose/100g
Füürtüfel	< 0.1g lactose/100g
Grigiotto	< 0.1g lactose/100g
Scharfer Maxx	< 0.1g lactose/100g
Sennenmutschli	< 0.1g lactose/100g
St. Galler Klosterkäse	< 0.1g lactose/100g
St. Paulin	< 0.1g lactose/100g
Tête de Moine AOP	< 0.1g lactose/100g
Vacherin Fribourgeois	< 0.1g lactose/100g
Winzer Classic	< 0.1g lactose/100g

Extra-hard and hard cheeses

Lactose content

Emmi Emmentaler all types (incl. Kaltbach)	< 0.1g lactose /100g
Emmi Gran Padano all types	< 0.1g lactose /100g
Emmi Greyère all types (incl. Kaltbach)	< 0.1g lactose /100g
Emmi Kaltbach der EXTRA- Würzige	< 0.1g lactose /100g
Emmi Sbrinz all types	< 0.1g lactose /100g
Alter Schweizer	< 0.1g lactose /100g
Le Barron	< 0.1g lactose /100g
Maxx	< 0.1g lactose /100g
SwissArt Kräuterkäse	< 0.1g lactose /100g
Swiss Cheese slices	< 0.1g lactose /100g

Fondue / Raclette Grill Cheese

Lactose content

Emmi Gerber L'Original, Moitié-Moitié. Gruyère fix-finished	< 0.1g lactose/100g
Emmi Gerber Fondue Mélange Maison fresh-fix	< 0.1g lactose/100g
Emmi Kaltbach Fondue fix-finished	< 0.1g lactose/100g
Emmi Kaltbach Fresh-Fondue-Mix	< 0.1g lactose/100g
Emmi Raclette all types (incl. Kaltbach)	< 0.1g lactose/100g
St. Niklaus / Alter Senn Raclette (sales at the counter)	< 0.1g lactose/100g
Gerber Grill Cheese all types	< 0.1g lactose/100g



Fresh cheeses / mozzarella

Lactose content

Emmi Mozzarella ball – laktose-free	< 0.1g lactose/100g
Gala portions nature (original)	approx. 8.0g lactose/100g
Gala portions garden herbs	approx. 8.0g lactose/100g
Gala portions alpine chili	approx. 8.0g lactose/100g
Gala portions olives-garlic	approx. 8.0g lactose/100g
Emmi Mozzarella Maxi	approx. 1.5g lactose/100g
Emmi Mozzarella ball, bar, sticks	approx. 1.5g lactose/100g
Emmi Mozzarella pearls, mini	approx. 1.5g lactose/100g
Emmi Mozzarella ball ¼ fat	approx. 1.5g lactose/100g
Emmi Mozzarella small cubes	approx. 1.0g lactose/100g

Processed cheeses

Lactose content

Gerber extra, portions „lactose-free“	< 0.1g lactose/100g
Gerber Toast, slices „lactose-free“	< 0.1g lactose/100g
Gerber Sandwich, slices „lactose-free“	< 0.1g lactose/100g
Gerber Gruyère, slices „lactose-free“	< 0.1g lactose/100g
Gerber Delicrem, slices	approx. 1.0g lactose/100g
Gerber Emmentaler, portions	approx. 0.1g lactose/100g
Gerber herbs, portions	approx. 0.1g lactose/100g
Gerber ham, portions	approx. 0.1g lactose/100g
Gerber Line nature 1/4-fat, portions	approx. 3.0g lactose/100g

Ice Cream

Lactose content

Emmi Senzazione cup lactose-free (all flavors)	< 0.1g lactose / 100ml
Emmi Senzazione can lactose-free (all flavors)	< 0.1g lactose / 100ml
Emmi lollipop Sioux	< 0.1g lactose / portion
Pierro lollipop Magic	< 0.1g lactose / portion
Emmi Kids Ice - Globi cup vanilla	approx. 4.2g lactose / portion
Emmi Kids Ice - Globi Goldgräber	approx. 3.5g lactose / portion
Emmi Kids Ice - Globis Piz chewing gum	approx. 3.7g lactose / portion
Emmi Kids Ice - Globolino stracchiarella	approx. 4.8g lactose / portion
Emmi Kids Ice - Gloki vanilla-chocolate	approx. 2.7g lactose / portion
Emmi Kids Ice - Snail Piet	approx. 4.1g lactose / portion
Emmi Kids Ice - Cow Thesi	approx. 4.2g lactose / portion
Emmi lollipop Creamy stracchiarella	approx. 2.2g lactose / portion
Emmi lollipop Crema di latte caramello	approx. 4.1g lactose / portion
Emmi lollipop Crema di latte macchiato	approx. 4.0g lactose / portion
Emmi lollipop Freeze lemon	approx. 1.2g lactose / portion
Emmi lollipop ice cream mango	approx. 0.8g lactose / portion
Emmi lollipop Bananito	approx. 1.6g lactose / portion
Emmi lollipop Chocolat	approx. 1.7g lactose / portion
Emmi lollipop Rocket orange-lemon	approx. 0.1g lactose / portion
Emmi lollipop Rotor	approx. 0.1g lactose / portion
Emmi lollipop Scream almond	approx. 3.3g lactose / portion
Emmi lollipop Scream classic	approx. 3.5g lactose / portion
Emmi lollipop Comella Crunchy Ice	approx. 1.6g lactose / portion
Emmi lollipop Ovo Crunchy Ice	approx. 4.7g lactose / portion



Ice Cream (Fortsetzung)

Lactose content

Pierro lollipop Croquant	approx. 1.5g lactose / portion
Pierro lollipop Tom	approx. 1.4g lactose / portion
Pierro lollipop Pierino	approx. 1.7g lactose / portion
Emmi Cornetto vanilla	approx. 3.3g lactose / portion
Emmi Cornetto strawberry	approx. 2.8g lactose / portion
Emmi Cornetto chocolate	approx. 4.6g lactose / portion
Emmi Cornetto caramello	approx. 4.8g lactose / portion
Emmi Cup ice cream Caffè	approx. 3.9g lactose / portion
Emmi Cup ice cream yogurt strawberry	approx. 1.6g lactose / portion
Emmi Cup Soft Ice vanilla-caramel	approx. 5.4g lactose / portion
Emmi Cup Soft Ice vanilla chocolate	approx. 5.3g lactose / portion
Emmi Cup Yogi Ice	approx. 2.3g lactose / portion
Emmi Ice Cake roulade Bûche cassata	approx. 4.7g lactose / 100g
Emmi Ice Cake -Torte Nougatine	approx. 4.6g lactose / 100g
Emmi Ice Cake -Torte Romanoff	approx. 2.5g lactose / 100g
Emmi Ice Kiss caramello	approx. 5.2g lactose / 100g
Emmi Ice Kiss Panna Cotta	approx. 4.5g lactose / 100g
Emmi Ice Kiss Parfait Mocca	approx. 4.5g lactose / 100g
Emmi Sorbetto (various types)	approx. 0.2g lactose / 100g
Emmi Favorito can vanilla	approx. 6.4g lactose / 100g
Emmi Favorito can chocolate	approx. 4.3g lactose / 100g
Emmi Favorito can strawberry	approx. 4.4g lactose / 100g
Emmi Favorito can Ice coffee	approx. 3.9g lactose / 100g
Emmi Favorito can cinnamon	approx. 4.8g lactose / 100g
Emmi Favorito can stracciatella	approx. 5.9g lactose / 100g
Emmi Favorito can yogurt	approx. 3.1g lactose / 100g
Emmi Creazione can caffè crocante	approx. 4.4g lactose / 100g
Emmi Creazione can caramello	approx. 6.1g lactose / 100g
Emmi Creazione can walnut	approx. 4.2g lactose / 100g
Emmi Creazione can pistachio	approx. 4.6g lactose / 100g
Emmi Creazione can Tiramisù	approx. 4.5g lactose / 100g
Emmi Creazione can eggs-cognac	approx. 4.5g lactose / 100g
Emmi Creazione can jamaica	approx. 4.3g lactose / 100g
Emmi Creazione can banana	approx. 4.2g lactose / 100g
Emmi Creazione can choco-brownies	approx. 4.2g lactose / 100g
Emmi Creazione can coconut	approx. 4.0g lactose / 100g
Emmi Creazione can yogurt strawberry	approx. 3.5g lactose / 100g
Emmi Creazione can edelflower-apple	approx. 4.6g lactose / 100g
Emmi Creazione can marzipan- sour cherry	approx. 4.2g lactose / 100g
Emmi Creazione can Choco Blanc Croquant	approx. 6.1g lactose / 100g

Comments

The lactose contents given in this list are subject to natural variations.

The information on the packaging is binding. Where "lactose-free" is stated on the packaging, the lactose content is guaranteed to always be below 0.1 g/100 g.

Although this list is updated regularly, Emmi accepts no responsibility for any adjustments to recipes or other changes.

Emmi Schweiz AG, 1.05.2019

Emmi Schweiz AG Nutritional Advice

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