

Lactose-Free vs Dairy-Free (vsdiff.com)

Lactose-Free	Dairy-Free
<p><i>Definition</i> Products with lactose removed or enzymatically broken down.</p>	<p><i>Definition</i> Products that exclude all milk-derived ingredients (proteins and fats).</p>
<p><i>Typical ingredients</i> Cow's milk with added lactase enzyme or naturally low-lactose dairy (e.g., aged cheeses).</p>	<p><i>Typical ingredients</i> Plant milks (soy, almond), oils, fermented non-dairy cheeses.</p>
<p><i>Intended for</i> People with lactose intolerance (enzyme deficiency).</p>	<p><i>Intended for</i> People with milk allergy (immune reaction) or those choosing plant-based diets.</p>
<p><i>Allergen risk</i> May still contain milk proteins — not safe for milk-allergic individuals.</p>	<p><i>Allergen risk</i> Formulated to avoid milk proteins, but cross-contact possible in shared facilities.</p>
<p><i>Nutritional notes</i> Often similar macronutrients to regular milk; may be fortified with vitamin D and calcium.</p>	<p><i>Nutritional notes</i> Nutrient profile varies widely by base ingredient; fortification patterns differ.</p>

Source: <https://vsdiff.com/lactose-free-vs-dairy-free/>