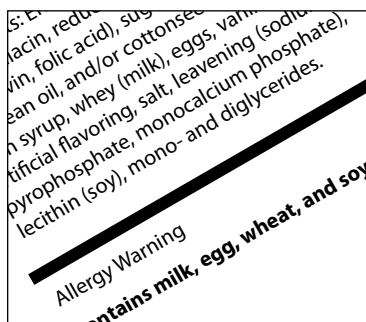


# Milk Allergy

Adults and children with milk allergy must avoid all sources of milk. Mothers who are breastfeeding babies allergic to milk also must avoid milk, because proteins from cow's milk will pass through breast milk.

This handout has tips on products that contain milk and what terms indicate milk on a food label. Also, because milk contains important nutrients, you will learn how to eat healthfully on a milk-free diet.

## Label Reading



Under U.S. law, milk is considered a major allergen. All manufactured food products that are regulated by the Food and Drug Administration (FDA) and contain milk as an ingredient must list the word “milk” on the product label, either in the ingredients list or a “Contains” statement.

Before you buy any food product, always read the entire food label to make sure the product is safe. Remember that manufacturers may change ingredients and food preparation methods at any time.

## Nutrients in Milk

Milk contains many important nutrients, such as protein, calcium, and vitamin D. When you cut milk and milk products out of your diet, you need to replace them with foods that also provide those nutrients.

## Protein

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Other sources of protein include:

- Eggs
- Fish
- Meat
- Nuts
- Poultry
- Seeds
- Shellfish
- Soybeans and other beans, peas, and lentils

## Calcium

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Milk is the best source of calcium in the normal diet. But other good sources include:

- Canned fish such as sardines and salmon, with bones (the calcium is in the bones; the canning process softens them, making them more easily digested)
- Green leafy vegetables such as kale, beet and turnip greens, collards, mustard greens, and broccoli
- Almonds
- White beans

Your body does not absorb the calcium from vegetables and nuts as well as from animal sources, so you may need a supplement. Ask your registered dietitian (RD) for a recommendation.

Do not use calcium-based antacids, such as Tums and Rolaids, as a calcium source. These can affect digestion and absorption of other nutrients.

## Vitamin D

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In North America, vitamin D and vitamin A are added to milk. Vitamin A and other nutrients in milk are easily obtained from other foods. However, vitamin D is not easy to find in foods, so you will need a supplement on a milk-free diet. This is especially important for children and the elderly. Ask your RD for recommendations.

## Food Choices for a Milk-Free Diet



Enjoying a good balance of foods is important for every diet, including a milk-free diet. But how do you know which foods are safe to eat? Here are some guidelines, listed by food group, of those allowed and those to avoid.

### Milk and Dairy Products

#### Foods Allowed

- ✓ Extensively hydrolyzed casein infant formula, if recommended by doctor
- ✓ Milk-free substitutes (see “Beverages”)
- ✓ Nondairy creamers
- ✓ Soy-based infant formula

#### Foods to Avoid

- ⊘ All cow’s milk, including whole, reduced-fat (2%), low-fat (1%), and fat-free (skim)
- ⊘ Lactose-free or lactose-reduced milk (Lactaid, Lacteeze)
- ⊘ Milk from all other animals, including goats and sheep
- ⊘ All milk derivatives, including butter and ghee, cream, half-and-half, ice cream, light cream, sour cream, and whipping cream
- ⊘ All fermented milk products, such as acidophilus milk, buttermilk, cheese of all types, kefir, and yogurt
- ⊘ Any manufactured product containing ingredients indicating milk, such as casein, caseinates, lactalbumin, lactoglobulin, lactose, and whey
- ⊘ Milk solids

#### Can You Drink Milk from Other Animals?

Some people can tolerate goat’s milk for a time. However, people with cow’s milk allergy, especially children, often develop an allergy to goat’s milk as well. It is best to avoid milk from any animal, including goats and sheep, if you have a milk allergy.

## Beverages

### Foods Allowed

- ✓ Calcium-fortified soy milk (soy beverage)
- ✓ Coconut milk
- ✓ Nut milks
- ✓ 100% fruit and vegetable juices
- ✓ Potato starch–based drinks, such as Vance’s DariFree
- ✓ Rice milk
- ✓ Seed milks

### Foods to Avoid

- ⊘ Beverages on any of the “foods to avoid” lists, including cow’s milk and milk from all other animals

## Grain Foods

### Foods Allowed

- ✓ Baked products such as French or Italian bread, some whole wheat bread, some rye bread, soda crackers, and bagels that do not contain milk as an ingredient
- ✓ Pasta dishes with sauces that do not contain cheese or milk as an ingredient
- ✓ Plain cooked or ready-to-eat cereals
- ✓ Plain grains, flours, and starches

### Foods to Avoid

- ⊘ Baked products such as breads, crackers, biscuits, muffins, and pancakes that contain milk as an ingredient
- ⊘ Cereals containing milk or milk solids
- ⊘ Commercial baking mixes
- ⊘ Manufactured foods that contain milk as an ingredient

## Legumes (Beans, Peas, Lentils, Peanuts)

### Foods Allowed

- ✓ Milk-free, casein-free tofu
- ✓ Plain legumes such as beans, peas, lentils, dals, peanuts, and peanut butter
- ✓ Soybean products that do not contain milk as an ingredient

### Foods to Avoid

- ⊘ Any bean, pea, or lentil dishes with milk or milk products such as cream or cheese as an ingredient

## Fruit

### Foods Allowed

- ✓ Plain canned, fresh, frozen, or dried fruits
- ✓ 100% fruit juices

### Foods to Avoid

- ⊘ Any fruit dish with milk, milk products such as cream or butter, or other ingredients on any “foods to avoid” lists

## Vegetables

### Foods Allowed

- ✓ Plain canned, fresh, or frozen vegetables
- ✓ 100% vegetable juices

### Foods to Avoid

- ⊘ Any vegetable dish with milk, milk products, or other ingredients on any “foods to avoid” lists

## Meat, Poultry, and Fish

### Foods Allowed

- ✓ Fresh or frozen meat, poultry, or fish
- ✓ Meat, poultry, or fish canned without milk or milk products
- ✓ Processed meats that do not contain milk or milk products

### Foods to Avoid

- ⊘ Commercially prepared meat, poultry, or fish that is breaded, battered, or creamed if milk is an ingredient
- ⊘ Commercially produced meat products such as meat loaf, hot dogs, and cold cuts that contain milk as an ingredient
- ⊘ Sausages that contain milk or milk products

## Eggs

### Foods Allowed

- ✓ Omelets or scrambled eggs made without milk or milk products such as cheese
- ✓ Plain eggs (boiled, fried, poached)

### Foods to Avoid

- ⊘ Any egg dish with milk, milk products, or ingredients on any “foods to avoid” lists

## Nuts and Seeds

### Foods Allowed

- ✓ Plain nuts and seeds

### Foods to Avoid

- ⊘ Any nut or seed candies or confectioneries containing milk or milk products as ingredients
- ⊘ Nuts, seeds, and nut and seed mixtures with coatings containing milk or lactose

## Spices and Herbs

### Foods Allowed

- ✓ Plain fresh or dried herbs
- ✓ Plain spices

### Foods to Avoid

- ⊘ Herb or spice mixtures such as flavor packages in prepared entrees (sometimes labeled “spice mixture”) that contain milk solids

## Sweeteners

### Foods Allowed

- ✓ Plain sugar
- ✓ Pure syrup or honey
- ✓ Sugar substitutes without milk or lactose as an ingredient

### Foods to Avoid

- ⊘ Sugar substitutes containing lactose

## Fats, Oils, and Condiments

### Foods Allowed

- ✓ Cocoa butter
- ✓ Coconut cream
- ✓ Coconut milk
- ✓ Gravy made without milk or cream
- ✓ Lard
- ✓ Mayonnaise without milk as an ingredient
- ✓ Meat drippings
- ✓ Milk-free margarines (usually labeled “dairy-free”)
- ✓ Nondairy dessert toppings
- ✓ Pure vegetable oils
- ✓ Shortening

### Foods to Avoid

- ✗ Butter
- ✗ Clarified butter
- ✗ Cream
- ✗ Cream cheese
- ✗ Ghee
- ✗ Margarine containing whey, casein, or milk
- ✗ Mayonnaise with milk as an ingredient
- ✗ Salad dressings made with milk or milk products
- ✗ Simplese (fat substitute)
- ✗ Sour cream
- ✗ Whipped topping

### Other Terms for Milk

The terms listed here should also appear as “milk” on the product label. However, it is a good idea to know other words that indicate that milk is present. Foods that originate from outside North America may use these terms rather than “milk” on ingredients lists.

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|----------------------|-----------------------|--------------------|
| • Ammonium caseinate | • Hydrolyzed whey     | • Sodium caseinate |
| • Calcium caseinate  | • Lactalbumin         | • Sweet dairy whey |
| • Casein             | • Lactoglobulin       | • Whey             |
| • Casein hydrolyzate | • Lactose             | • Whey hydrolyzate |
| • Delactosed whey    | • Lactulose           | • Whey powder      |
| • Demineralized whey | • Potassium caseinate | • Whey protein     |
| • Hydrolyzed casein  | • Rennet casein       |                    |