



Milk Allergy

Milk allergy is common primarily in children and is usually outgrown in the first few years of life. Milk allergy is an IgE mediated response to milk protein, including casein and/or whey protein. Symptoms of milk allergy can range from mild to severe. The only treatment for milk allergy is to avoid all food products that contain milk protein.

Milk allergy is not the same as lactose intolerance, in which a child is not allergic to milk, but is unable to break down the sugar content of milk products. Children with lactose intolerance are able to tolerate milk products that have had their lactose content removed, or by taking lactose enzymes.

Some general tips for milk-free cooking:

- When substituting for milk in a recipe, use equal amounts of water, juice, or other dairy-free beverage (such as rice, soy, or almond milk).
- When baking, choose a milk-free margarine or cooking oil to replace butter. Stick margarine contains less water and produces a better baked product than tub margarine. Some margarines that are free of milk protein include: Parkay™ Spread Squeeze, Earth Balance™ Spread Original, Fleischmann's™ Unsalted Spread, and Canoleo™.
- $\frac{3}{4}$ cup applesauce can be used when baking to replace each 1 cup of butter.
- Substitute chicken broth for cream in sauces and soups. You may also puree foods such as cauliflower or potatoes into sauces and soups for a creamy texture.
- If your child does not drink another fluid that contains calcium, speak with your child's doctor and/or dietitian about calcium-rich foods to add and whether there is a need for a calcium supplement.

Safe Food Preparation Tips

To avoid cross contamination between milk and other foods, follow these safety tips:

- Wash your hands before preparing foods and after touching any product containing milk.
- Before preparing food, clean all cooking and food preparation surfaces, cooking equipment, and utensils with hot, soapy water.
- Prepare milk-free foods first. Cover and remove them from the cooking area before cooking foods that contain milk.

How to Read a Food Label for a Milk-Free Diet

Milk is required by law to be listed on product labels.

Avoid foods that contain milk, cheese, butter, cream or any of these ingredients:

| | | |
|---|--------------------|---------------------------------------|
| Casein | Lactoglobulin | Nonfat Dry Milk |
| Caseinates (all forms) | Lactoferrin | Rennet Casein |
| Curds | Milk Derivative | Recaldent |
| Hydrolysates (casein, milk protein, whey protein) | Ghee | (ingredient in whitening chewing gum) |
| Lactalbumin | Milk Powder | Simplese |
| Lactalbumin Phosphate | Milk Protein | Whey (all forms) |
| | Milk Solids | |
| | Nonfat Milk Solids | |

Ingredients that may contain milk:

| | |
|-----------------------|-------------------|
| Brown sugar flavoring | Margarine |
| Caramel color | Chocolate |
| High protein flour | Natural flavoring |

Milk is sometimes also found in the following:

- Non-food products such as lotions, soaps, cosmetics, sunscreens, medications, and pet food. Read ingredient lists carefully.
- “Non-dairy” products that contain milk ingredients such as casein and whey.
- Rice and soy cheese may contain casein. Check food labels.

The following ingredients **do not** contain milk protein unless otherwise noted on the food label: cocoa butter, calcium lactate, oleoresin, cream of tartar, lactic acid (although lactic acid starter culture may contain milk).

Products listed as “vegan” or “kosher” do not contain milk protein.

Below is a list of recommended foods for children with a milk allergy. Use this as a guide to ensure your child has a balanced diet. Before you offer any food product to your child, always read the entire food label to make sure the food does not contain milk.

| Food Group | Recommended Foods |
|--------------------------------|---|
| Milk and Milk Products | None Substitute with*: Soy, rice, almond, coconut, oat, or hemp “milk” that has been fortified or enhanced Soy, coconut, or other milk-free yogurt made without milk ingredients Soy, rice, or other cheese made without milk ingredients |
| Meat and Other Proteins | All fresh, frozen, or processed meats (beef, veal, lamb, pork) made without milk ingredients Fresh, frozen, or canned fish and shellfish Egg Poultry Fresh, Frozen or Canned Fish or Shellfish Dried Beans and Peas Nuts and Seeds |
| Grains | Breads, other baked goods (brownies, cakes, cookies, muffins, etc.), cereals, crackers, noodles/pasta, pancakes, pretzels, rolls, tortillas, waffles, and other grain foods if they have been made without milk ingredients |
| Vegetables | All fresh, frozen, or canned vegetables made without milk ingredients |
| Fruits | All fresh, frozen or canned fruits made without milk ingredients 100% Fruit Juice |
| Fats and Oils | Margarine made without milk or milk ingredients Vegetable Oil Vegetable Oil Spray if made without milk ingredients Gravies and sauces made without milk ingredients Salad dressings and mayonnaise made without milk ingredients |

| Food Group | Recommended Foods |
|-------------------|--|
| Beverages* | Enriched or fortified milk-alternatives (such as those made from soy, rice, almond, coconut oat, or hemp) Commercial soy infant and toddler formulas Hypoallergenic commercial infant and toddler formulas (such as Elecare) |
| Other | Pepper and salt Herbs and spices Mustard, ketchup, and relish Honey Jam, Jelly, Marmalade, and preserves Sugar Maple Syrup Gelatin Flavoring extracts that are not made from milk ingredients |

* Children less than the age of two may need specific milk alternative products to ensure an adequate intake of dietary fat. Some milk alternatives such as rice milk contain very little protein. Check the Nutrition Facts label and discuss healthy choices with your child's doctor or dietitian.

*Some children with a milk allergy also may react to products containing goat's milk (goat milk, goat cheese, etc.). Check with your child's doctor before offering these products to your child.

Additional Information:

If you have questions, call: _____, *Registered Dietitian*

Phone: (717) 531- _____ or (717) 531-8406