

Milk Allergy Diet

Allergy to cow’s milk is more common in young children than adults. The majority of children outgrow a milk allergy by age 5, though some may have it a lifetime. Treatment of milk allergy is removing all milk and milk products from the diet.

Milk contains many essential nutrients including protein, vitamins A and D, and calcium. The closest substitutions for cow’s milk are soy-based infant formulas or fortified soymilk, but there are many milk substitutes on the market today.

Many commercial products have milk or a milk derivative in part of the food. It is important to carefully read all product labels. The Food Allergen Labeling and Consumer Protection Act of 2004 requires manufacturers to clearly list the eight most common food allergens on product labels. They must use the common or usual name for the allergen. Example, “milk” must be used instead of “casein.”

Label ingredients that indicate the presence of milk protein are (though labels should clearly state milk in common terms):

Butter or butter solids	Lactalbumin (curds and whey)
Butter fat	Lactoglobulin
Butter flavor	Lactoferrin
Buttermilk	Malted milk
Casein/caseinates (any form)	Lactoalbumin phosphate
Cheese	Milk protein (all forms)
Cottage cheese	Nougat
Cream	Pudding
Curds	Rennet
Nisin	Sodium caseinate
Custard	Half and half
Ghee	Sour cream
Whey (any form)	yogurt

Foods that may indicate the presence of milk protein (the label should clearly state if the food contains milk). If in question, call the manufacturer.

Caramel	Chocolate
High protein flours	Lactic acid starter culture
Lactose	Cold cuts, processed meats
Margarine	Non-dairy products

	CAN EAT	AVOID
Beverages:	Protein hydrolysate formulas, fortified soy milk, soy formulas; rice milk, almond milk, coconut milk, fruit juices, tea, coffee, carbonated beverages.	Milk-based infant formulas (e.g. Good Start [®] , Enfamil [®] , Similac [®] , Lactofree formulas [®]) Milk; cream; dairy creamers; cocoa made with milk; malted milk; chocolate or cocoa drink mixes; smoothies made with milk or yogurt; powdered drink mixes with milk or milk based ingredients. “Non-dairy” creamers or whipped toppings that contain casein, sodium caseinate or other milk proteins.
Candy:	Plain sugar or honey candy; fruit candy; jelly beans; licorice; marshmallows.	Most commercial candy; caramels; chocolates; fudge; German chocolate; milk chocolate; nougats.
Cereal:	Enriched and whole grain cereals (cooked or dry) that are prepared and served without milk protein.	Cereal mixes containing milk proteins; any cereal cooked or served with milk or cream.
Dessert:	Angel food cake; gelatin desserts and ices made without milk; fruits; any milk-free dessert containing soy milk, fruit juice, or water as a milk substitute; carob or plain cocoa powder; sponge cake; some dark baking chocolate. Icings made without milk or milk products.	Any dessert made with dairy products: custard; puddings made with milk; junket; tapioca; whipped cream toppings; some sherbet; ice cream; cakes and cookies with dairy products; prepared flour mixes; baklava; baking mixes; biscuits; cheesecake; coffee cakes; cream-filled pastries; cream pies; crumb mixtures; doughnuts; pancakes made with milk or butter; pie crusts made with butter; popovers; sweet rolls, breads and pastries glazed with butter.
Fats and Oils:	Shortenings; kosher margarine; margarine made without milk protein; vegetable oils.	Butter; margarine containing milk; Simplese [®] (fat substitute).

	CAN EAT	AVOID
Fruit:	Fresh or canned fruit served without milk, cream, sour cream or whipped cream.	Some commercial gelatin desserts containing sour cream, whipped cream, or whipped toppings.
Meat and meat substitutes:	All meat, fish or poultry prepared without milk or milk products. Sausage products without milk filler. Eggs prepared without milk, butter or milk products. Peanut butter. Soy or rice cheeses (read labels, some contain milk protein) and soy, almond, coconut yogurts.	Any meat, fish or poultry sautéed in butter or margarine containing milk. Cold cuts and sausages with milk fillers. Eggs prepared with milk or fried in butter. Breaded or creamed meat dishes. Meats prepared in white sauces, Mornay or Béarnaise. Quiches, soufflés, fondues. Cottage cheese.
Potato or Pasta:	Potatoes, pasta or rice without milk or cheese.	Mashed potatoes made with milk or cheese, creamed or scalloped dishes; pasta made with cheese; lasagna; instant potatoes.
Salad and salad dressings:	All fruit and vegetable salads with dressings not containing milk or milk products. Real commercial mayonnaise.	Yogurt or sour cream dressings. Cooked dressings containing milk. Salads containing cheese.
Sauces:	Gravy made with water or broth.	Gravy made with milk. White sauces; béchamel; Florentine sauce; Mornay sauce; Dijonnaise sauce; Hungarian sauce; Pasta sauces that contain cheese.
Seasonings:	Salt, spices and herbs; mustard; relishes.	Read labels on marinades, dips, appetizers, spreads, sauce mixes, and gravies.

	CAN EAT	AVOID
Soup:	Broth soups made without butter or margarine containing milk; bouillon; conserve; homemade soup made without milk or milk products.	Some canned soups; bouillabaisse; chowders; cream soups made with butter, cream, milk or margarine containing milk; all canned cream soups.
Sweets:	All sugars (brown, white, powdered). Honey, jam, jelly and syrups.	
Vegetables:	Any canned, frozen or raw vegetable prepared without milk or milk products.	Au gratin dishes; creamed vegetables; any vegetable seasoned with butter, cream, milk, margarine containing milk, or cheese.

Formulas or Milk Substitutes

- Substitute formulas include the soybean formulas: Isomil[®], Prosobee[®]
- Protein hydrolysate formulas may be acceptable to use and include: Alimentum[®], Nutramigen[®], Pregestimil[®]. Amino acid based formulas are often used for milk allergies. Neocate[®] and Elecare[®] are widely used amino acid based formulas.
- Soy formulas are well accepted by most children, especially if introduced in infancy.
- The nutritive value of calcium fortified commercial soymilk is almost equal to that of cow's milk. The infant soy milk formulas are fortified with the needed vitamins, minerals, and essential fatty acids in specified amounts. There are many other milk substitutes suitable for people with a milk allergy. Most are fortified with vitamin D and Calcium. Discuss alternatives best suited for you with your doctor or dietitian.

Tips and Substitutions

- A small number of milk-sensitive individuals may also become allergic to soy protein.
- If buying “deli” meats, ask about what other products are cut on the slicers to reduce cross contamination.
- Be clear about your allergy and ask how foods are prepared at restaurants. It is a good idea to ask if they have a separate grilling space or fryer or if your item will be cooked near or in an area where milk might be used. If you are not sure it will be safe, avoid ordering the food or choose a restaurant that is more able to accommodate your requests.
- Blenderize fruit and non dairy yogurt to make a smoothie. Use applesauce on hot cereal.
- Use a milk substitute on cereal.
- Look for non dairy substitutes for sour cream and cheese. Tofutti® and Daiya® are two common brands.
- Calcium fortified orange juice has approximately the same calcium content as milk but does not contain all the other nutrients that milk offers. It is not a suitable substitute for milk.

Tips to Follow to Prevent an Allergic Reaction

- 1). Avoid foods that cause a reaction. Sometimes just touching foods can cause a severe reaction. Remember to wash hands if handling foods with milk.
- 2). Read the ingredients lists on food labels each time you purchase them to make sure ingredients have not changed as they often can.
- 3). If you are traveling, bring along some of your own special foods. Make sure to wipe the area where you will be eating to avoid cross contamination.
- 4). When eating out, always ask restaurant staff about ingredients in food and how it was prepared. Tell them about your allergy. Sometimes it is best to ask to speak with the manager as well.
- 5). For infants, elemental formulas or formulas with broken down proteins should prevent food reactions. Discuss the various formula options with your doctor or dietitian. Do not assume products labeled "hypoallergenic" will not cause a reaction.

Other Resources

Food Allergy Association of Wisconsin- www.foodallergywis.org or 608-575-9535

Food Allergy and Anaphylaxis Network – <http://www.foodallergy.org> or 1-800-929-4040

Medline Food Allergy Resource Page - <http://www.nlm.nih.gov/medlineplus/foodallergy.html>

Kids With Food Allergies- www.kidswithfoodallergies.org

Living Without Magazine and website- www.livingwithout.com

Allergic Child- www.allergicchild.com

Nutrition recommendations:

Age appropriate “milk substitute” beverage: _____

Multivitamin/Calcium Recommendations: _____

The Spanish version of this *Health Facts for You* is #466

Teach Back:

What is the most important thing you learned from this handout?

What changes will you make in your diet/lifestyle, based on what you learned today?

If you are a UW Health patient and have more questions please contact UW Health at one of the phone numbers listed below. You can also visit our website at www.uwhealth.org/nutrition

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at: **(608) 890-5500**.

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at:
(608) 287-2770

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 1/2015 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Clinical Nutrition Services Department and the Department of Nursing. HF#271