

Milk Allergy Diet

This handout explains what a milk allergy is and gives ideas for other food and drink options.

An allergy to cow’s milk is more common in young children than adults. Most children outgrow a milk allergy by age 5, though some may have it a lifetime. Blood and skin tests can help determine when and if your child will outgrow his or her milk allergy. To treat a milk allergy, all milk and milk products are removed from the diet.

Milk has many essential nutrients. These include protein, vitamins A and D, and calcium. The closest substitution for cow’s milk is soy-based infant formula or fortified soymilk; however, there are many milk

substitutes on the market. Some are low in protein and calories, which can be a problem for toddlers and small children as they grow.

Many products have milk or a milk derivative in part of the food. It is important to read all product labels closely. The Food Allergen Labeling and Consumer Protection Act of 2004 requires companies to clearly list the eight most common food allergens on product labels.

They must use the common name for the allergen. For example, “milk” must be used instead of “casein.” You will see this in the ingredient list or just below in “contains statement.”

Ingredients on the label that point out the presence of milk protein (the label 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 point out the presence of milk protein (the label should clearly state if the food contains milk). If in question, call the company.

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

Ingredients That Do Not Contain Milk Protein

Calcium lactate	Calcium stearoyl lactylate
Cocoa butter	Cream of tartar
Lactic acid (lactic acid starter culture could contain milk)	Oleoresin
Sodium lactate	Sodium stearoyl lactylate

What to Look for When You Read a Food Label

1. Is the allergen's name in the ingredient list?
2. Is the word "contains" followed by the name of the allergen—example, **"contains milk."**
3. Does the ingredient list have the name in parentheses? For example, when the ingredient is a less common form of the allergen such as **casein (milk).**

"May Contain" Statements

Food companies put warnings on food labels. These include phrases like "may contain," "processed in a facility that also processes" or "made on equipment with." These warnings are often found after the ingredient list at the lower part of the food label. This is voluntary for companies. There are no laws that require these statements, when to include them and what to write.

	Can Eat	Avoid
Drinks	<ul style="list-style-type: none"> • Protein hydrolysate formulas • Fortified soy milk • Soy formulas • Rice milk • Almond milk • Coconut milk • Fruit juices • Tea • Coffee • Carbonated drinks 	<ul style="list-style-type: none"> • Milk-based infant formulas (e.g. Good Start[®], Enfamil[®], Similac[®], Lactose free 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 • Whipped toppings that contain casein, sodium caseinate or other milk proteins
Candy	<ul style="list-style-type: none"> • Plain sugar or honey candy • Fruit candy • Candy (jelly beans, licorice) • Marshmallows 	<ul style="list-style-type: none"> • Caramels • Chocolates • Fudge • German chocolate • Milk chocolate • Nougats
Cereal	<ul style="list-style-type: none"> • Enriched and whole grain cereals (cooked or dry) that are prepared and served without milk protein 	<ul style="list-style-type: none"> • Cereal mixes that contain milk proteins • Any cereal cooked or served with milk or cream
Dessert	<ul style="list-style-type: none"> • Angel food cake • Gelatin desserts and ices made without milk • Fruits • Any milk-free dessert that contains 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 	<ul style="list-style-type: none"> • 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

	Can Eat	Avoid
Dessert (cont.)		<ul style="list-style-type: none"> • Cheesecake • Coffee cakes • Cream-filled pastries, cream pies and 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	<ul style="list-style-type: none"> • Shortenings • Kosher margarine • Margarine made without milk protein • Vegetable oils 	<ul style="list-style-type: none"> • Butter • Margarine containing milk • Simplesse® (fat substitute)
Fruit	<ul style="list-style-type: none"> • Fresh or canned fruit served without milk, cream, sour cream or whipped cream 	<ul style="list-style-type: none"> • Some commercial gelatin desserts that contain sour cream, whipped cream or whipped topping
Meat and Meat Substitutes	<ul style="list-style-type: none"> • All meat, fish or poultry prepared without milk or milk products • Sausage products without milk filler • Eggs cooked without milk, butter or milk products • Peanut butter • Soy or rice cheeses (read labels, some contain milk protein) and soy, almond, coconut yogurts 	<ul style="list-style-type: none"> • Any meat, fish or poultry sautéed in butter or margarine containing milk • Cold cuts and sausages with milk fillers • Eggs cooked 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	<ul style="list-style-type: none"> • Potatoes, pasta or rice without milk or cheese 	<ul style="list-style-type: none"> • Mashed potatoes made with milk or cheese, creamed or scalloped dishes • Pasta made with cheese • Lasagna • Instant potatoes
Salad and Salad Dressing	<ul style="list-style-type: none"> • All fruit and vegetable salads with dressings that do not contain milk or milk products • Real commercial mayonnaise 	<ul style="list-style-type: none"> • Yogurt or sour cream dressings • Cooked dressings that contain milk • Salads that contain cheese

	Can Eat	Avoid
Sauces	<ul style="list-style-type: none"> • Gravy made with water or broth 	<ul style="list-style-type: none"> • Gravy made with milk • White sauces (Béchamel, Florentine, Mornay, Dijonnaise, Hungarian sauces) • Pasta sauces that contain cheese
Seasonings	<ul style="list-style-type: none"> • Salt, spices and herbs • Mustard • Relishes. 	<ul style="list-style-type: none"> • Read labels on marinades, dips, appetizers, spreads, sauce mixes, and gravies.
Soup	<ul style="list-style-type: none"> • Broth soups made without butter or margarine that contain milk (Bouillon, Consume) • Homemade soup made without milk or milk products 	<ul style="list-style-type: none"> • Some canned soups (bouillabaisse, chowders, cream soups made with butter, cream, milk or margarine that contains milk; all canned cream soups)
Sweets	<ul style="list-style-type: none"> • All sugars (brown, white, powdered) • Honey, jam, jelly and syrups 	
Vegetables	<ul style="list-style-type: none"> • Any canned, frozen or raw vegetable cooked without milk or milk products 	<ul style="list-style-type: none"> • Au gratin dishes • Creamed vegetables • Any vegetable seasoned with butter, cream, milk, margarine that contains milk, or cheese

Formulas or Milk Substitutes

Substitute formulas include soybean formulas such as Isomil® and Prosobee®. Protein hydrolysate formulas may be okay to use and include: Alimentum®, Nutramigen® and 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 started when they are a baby. 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 good milk substitutes for people with a milk allergy. Most are fortified with vitamin D and Calcium. Talk with your doctor or dietitian about other options for you.

Tips and Substitutions

- Some milk-sensitive people may also become allergic to soy protein.
- If you buy “deli” meats, ask 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. 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 is safe, do not order the food or choose a restaurant that is better able to meet your needs.
- Blend 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 nearly the same calcium content as milk but does not have all the other nutrients that milk offers. It is not a good substitute for milk.

How to Prevent an Allergic Reaction

1. Avoid foods that cause a reaction. Sometimes just touching foods can cause a severe reaction. Be sure to wash your hands if you touch foods with milk.
2. Read the ingredients lists on food labels each time you buy them to make sure ingredients have not changed as they often can.
3. If you travel, bring some of your own special foods. Make sure to wipe the area where you eat to avoid cross-contamination.
4. When you eat out, always ask restaurant staff about ingredients in food and how it is prepared. Tell them about your allergy. It may be 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. Talk about formula options with your doctor or dietitian. Do not assume products labeled "hypoallergenic" will not cause a reaction.
6. Be careful with imported products. Food labeling rules vary by country. Imported foods should follow domestic food labeling laws, but do not always do so.

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” drink: _____

Multivitamin/Calcium Recommendations: _____

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 call 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

The Spanish version of this *Health Facts for You* is #271s

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 © 10/2018 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Clinical Nutrition Services Department and the Department of Nursing. HF#271