Milk & Soy Elimination Diet

The only known treatment for a person with food allergies or protein intolerance is to avoid foods that contain the allergen. Allergy to cow's milk is more common in young children than adults. A milk "allergy" can happen very fast. Reactions come on quickly. The symptoms include fussiness, vomiting, wheezing, swelling, hives, itchy skin rashes, and blood in the stool. If the child has milk protein intolerance, the reactions are slower. The infant may be irritable, have reflux, stooling issues (may contain blood), vomiting, gagging, be refusing food, and have eczema.

If a child has milk protein allergy or protein intolerance, he or she may also have soy protein allergy or intolerance. Most children outgrow milk protein intolerance by 1-2 years and a milk allergy by age 5. For some, it may last longer. In infants and children who are breastfed, the mother must watch her own intake as well as her child's.

Foods now list ingredients that are common allergens, including milk and soy. You still need to review all ingredients on food labels. Many products may have byproducts of milk or soy. Below is a list of foods and ingredients that have milk or soy protein.

Food and Ingredients that contain Milk or Soy protein:

- Butter or Butter solids (Milk)
- Butter fat (Milk)
- Butter flavor (Milk)
- Buttermilk (Milk)
- Casein/Caseinate (Milk)
- Cheese (Milk)
- Cottage cheese (Milk)
- Cream (Milk)
- Curds (Milk)
- Custard (Milk)
- Edamame (Soy)
- Ghee (Milk)
- Half & Half (Milk)
- Hydrolyzed vegetable protein (Soy)
- Kinnoko flour (Soy)
- Kyodofu, Freeze-dried tofu (Soy)
- Lactalbumin (Milk)
- Lactalbumin phosphate(Milk)
- Lactoglobulin (Milk)
- Lactoferrin (Milk)
- Malted milk (Milk)
- Milk protein, all (Milk)
- Miso (Soy)
- Natto (Soy)
- Nisin (Milk)
- Nougat (Milk)
- Okara, Soy pulp (Soy)
- Pudding (Milk)
- Rennet (Milk)
- Sodium caseinate
- Sour Cream (Milk)
- Soy beans (Soy)
- Soy concentrate (Soy)
- Soy curds (Soy)
- Soy flour (Soy)
- Soy granules (Soy)
- Soy grits (Soy)
- Soy nuts (Soy)
- Soy milk (Soy)
- Soy sauce (Soy)
- Shoyu sauce (Soy)
- Soy sprouts (Soy)
- Soy yogurt/cheese (Soy)
- Supro (Soy)
- Tamari (Soy)
- Tempeh (Soy)
- Teriyaki Sauce (Soy)
- Textured soy protein (Soy)
- Textured vegetable protein, TVP (Soy)
- Tofu (Soy)
- Whey, any form (Milk)
- Yakidofu (Soy)
- Yuba (Soy)
- Yogurt (Milk)

Most people who are allergic to soy can safely eat highly processed soybean oil and soy lecithin. These are common ingredients in processed foods. Soy will be clearly labeled in the ingredient list or just below the list in a "contains statement." It is fairly easy to see if a product contains soy. Be sure to ask your doctor or registered dietitian if you have questions about these ingredients.

Food and Ingredients that are safe to eat ("Can Eat") and those not safe to eat ("Avoid")

Food Group	**Can Eat**	**Avoid**
Beverages	Coffee; tea; fruit juices; carbonated beverages; vegetable juices; rice milk; almond milk; hemp milk; oat milk; flax milk.	Coffee substitutes; drink mixes; non-dairy creamers; soymilk. Milk- or soy-based formulas; Milk; cream; dairy creamers; cocoa made with milk; malted milk; chocolate or cocoa drink mixes; powdered drink mixes with milk or milk based ingredients. "Non-dairy" creamers or whipped toppings that contain casein, sodium caseinate or other milk proteins.
Bread	Breads, crackers, rolls, waffles, and pancakes that do not contain milk or soy flours or milk or soy products.	Commercial baked goods containing soybean flour or soy nuts.
Food Group	**Can Eat**	**Avoid**
Cereal	Enriched and whole grain cereals (cooked or dry) that are prepared and served without milk or soy protein, such as unflavored oatmeal or cream of wheat. Commercial cereals that do not contain milk or soy protein.	Processed breakfast cereals that contain milk or soy protein or are served with milk, soy, or cream.
Dessert	Desserts **made without milk or soy products** including: Angel food cake, cookies, frostings, fruit pies, gelatin, Italian ices, pastries, ice or juice based popsicles, sauces, sorbet, sponge cakes, fruit based tapioca puddings, and toppings. Carob or plain cocoa powder.	Any dessert made with milk or soy products: milk chocolate, custard; puddings made with milk; junket; milk based tapioca puddings; whipped cream toppings; sherbet; ice cream; cakes and cookies; 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, Oils & Salad Dressings	All vegetable oils, most vegetable sprays; Milk and Soy-free Salad dressings.	Butter; margarine containing milk; Commercial salad dressings that contain soy; Fats containing soy protein.

Food Group	Can Eat	Avoid
Fruit	Fresh, cooked, canned, or dried fruits served without milk, cream, sour cream, yogurt or whipped cream.	Fruits in fritter, cobblers, and dumplings containing milk or soy; fruits in sauces with milk or soy.
Meat & Meat Substitutes	Plain meats, poultry, fish and eggs; All plain nuts and seeds except for soy nuts.	Textured vegetable protein; meat extenders; soy nuts. Commercial frozen meat patties, hamburger extenders, lunchmeats, sausage, meat loaf and ALL cheeses and yogurt. Soy beans/Edamame, soy cheese, soy yogurt. Meats prepared in white sauces, Morney or Béarnaise. Quiches, soufflés, fondues. Cottage cheese.
Potato & Pasta	Potatoes; rice; milk and soy free noodles and pastas.	Milk and Soy containing potatoes, instant potatoes, macaroni, noodles, spaghetti, lasagna or other pasta; commercial pasta in sauces.
Sauces & Seasonings	Pure spices and herbs. Gravy made with water or broth.	Mixed spices containing milk, soy, soy sauce. Gravy made with milk. White sauces; béchamel; Florentine sauce; Mornay or Bearnaise sauce; Hungariansauce.
Soups	Homemade broth soups made without butter or margarine; noodle soups made with milk and soy free noodles.	Many commercial soups, canned and dry mixes: bouillabaisse; chowders; cream soups made with butter, cream, milk or margarine containing milk; all canned cream soups and noodle soups; miso soup; soups containing tofu.
Sweets	All sugars; honey, jam, jelly and syrups.	
Vegetables	Fresh, frozen or canned vegetables prepared without milk or soy.	Soy sprouts. Commercially prepared vegetables that are breaded or contain soy sauce; canned or frozen Asian style vegetables; canned and frozen vegetables in any kind of sauce that contains milk or soy.

Infant Formulas or Milk Substitutes:

- Protein hydrolysate formulas **may** be okay to use for cow's milk protein intolerances. These include: Alimentum®, Nutramigen®. Ask a health care provider.
- Amino acid based formulas are often used for milk allergies. These include: Alfamino Infant®, Neocate® Infant and Elecare® Infant.

Tips and Substitutions:

- Avoid buying “deli” meats, because the slicers often are used to cut both meat and cheese products.
- Ask how foods are prepared at restaurants. The meats may have been marinated or the buns grilled in butter.
- Calcium fortified orange juice has about the same calcium content as milk.
- Make sure milk substitutes such as almond or rice are enriched with calcium and vitamin D.
- Read the ingredient lists on food labels to make sure allergy-causing foods are not present. Read the list even if you have had the product before. Ingredients may change.
- If you are traveling, bring along some of your own special foods.
- Infants may need protein hydrolysate or elemental formulas to prevent food reactions. Discuss the formula options with your doctor or dietitian. Do not assume products labeled "hypoallergenic" will not cause a reaction.
- Contact food companies if you are unsure of any ingredient on the label.
- The breast feeding mother, who has no allergies of her own and has a child with “cow’s milk protein intolerance,” may use products that have no added milk. They may be labeled with a “produced in a factory with milk” statement. For example, she may eat dark Belgium chocolate.

In cooking, you can use these substitutes for soybean products:

- For soy flour, use wheat, rice, oat, barley, or potato flour.
- For soymilk, use rice or potato milk or any formula that does not contain milk or soy.
- For soy miso, use barley, plum or rice miso.
- For soy sauce, use pure concentrated beef or chicken broth or flavored salts.

Other Resources:

- Food Allergy Association of Wisconsin: www.foodallergywis.org
- Food Allergy and Anaphylaxis Network: www.foodallergy.org
- Kids With Food Allergies: www.kidswithfoodallergies.org
- Living Without Magazine and website: www.livingwithout.com
- Allergic Child: www.allergicchild.com

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 © 9/2016 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Clinical Nutrition Services Department and the Department of Nursing. HF#580