

MMC FACT SHEET 904

MILK ALLERGY DIET

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General guidelines for milk allergy:

Milk allergy is an immune system response to the presence of milk protein in the body. The body perceives the protein as "foreign" and proceeds to mount an attack against it, which results in the symptoms of an allergic reaction. Cow's milk is the most common cause of food allergy in infants and young children. Cow's milk proteins are potent allergens and around 2.5% of infants experience cow's milk allergy in the first years of life. However, food allergies usually diminish with age; 85% of children will outgrow their allergy by the age of three; the majority will outgrow it by the time they reach school.



Milk allergy can cause a range of distressing symptoms : rashes and hives, breathing and mucus problems, and gut symptoms such as vomiting and diarrhoea or constipation. The pathway to a symptom-free life is to plan your or your child's diet to exclude the foods or products containing the food to which you/they are allergic. These items are called allergens.

Milk and milk products are found in many foods. Obvious forms of milk are cream, cheese, butter, ice cream, and yoghurt, but milk and milk products may also be hidden in commonly eaten foods, such as biscuits and muffins.

**In order to avoid foods that contain milk products,
it is necessary to become a skilled reader of food labels.**

The New Zealand Manufactured Food Database is a valuable resource; see <http://www.mfd.co.nz>. However be aware that at present in NZ different companies use different risk thresholds.

Important information about avoiding milk and milk products:

- The words "non-dairy" on a product label indicate it does not contain butter, cream, or milk. However, this does not necessarily indicate the absence of other milk-based ingredients.
- Processed meats, including hot dogs, sausages, and luncheon meats, frequently contain milk or are processed on milk-containing lines.
- Kosher food labeled "pareve" or "parve" indicates food is free of milk and milk products, except when there is "D" (for Dairy) on the product label.
- **Carefully read all food labels.**

FOODS	ALLOWED	NOT ALLOWED
Beverages	Water (not WHOLE brand) Carbonated beverages Coffee and tea Soy milk formulas, water Fruit drinks	All milks (whole, low-fat, skim, buttermilk, evaporated, condensed, powdered, hot cocoa, Milo, Quik etc) Yoghurt, eggnog, milkshakes, most smoothies All beverages made with milk or milk products; note that most smoothies are made with milk even if they called a "fruit" smoothie
Breads	Milk-free breads and biscuits; read the label!! Baguettes, bagels and crumpets Rye crackers and rice wafers	Most commercially prepared white, wheat and rye breads and rolls Most biscuits, scones, muffins, pancakes, waffles, rusks and some wheat crackers French toast made with milk
Cereals	Any cereal to which no milk or milk products have been added	High protein cereals (eg Special K) Prepared and precooked cereals with added milk products (eg milk solids, casein)

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Desserts	<p>Meringue, jelly, popsicles, fruit ice, fruit whip</p> <p>Cakes, cookies, and pie crusts made without milk or milk products</p>	<p>Most cake, cookies, custard, pudding, cheesecakes and creamy desserts</p> <p>Ice cream, cream pie, junket</p> <p>Pastries brushed with milk</p>
Eggs	<p>Prepared without milk</p>	<p>Scrambled with milk, creamed eggs, egg substitutes</p>
Fats	<p>Vegetable oil, meat fat, lard, bacon, shortening, milk-free gravy</p> <p>Peanut butter (check if made without milk solids)</p> <p>Margarine made without milk solids</p>	<p>Butter, cream, margarine</p> <p>Some salad dressings and mayonnaise</p> <p>Some butter substitutes and "non-dairy" creamers</p>
Fruits	<p>Fresh, frozen, or canned fruits and juices</p>	<p>Any served with milk, butter, or cream</p>
Meats, Fish, Poultry, & Cheese	<p>Baked, broiled, boiled, roasted or fried: beef, veal, pork, chicken, turkey, lamb, fish, organ meats, or tofu (prepared without milk or milk products)</p> <p>Sausage, deli/luncheon meats, or ham (check if made without milk products)</p> <p>Most hamburger patties</p>	<p>All cheese, cottage cheese, cream cheese</p> <p>Some sausage products, luncheon, frankfurters</p> <p>Breadcrumbs, meatloaf, croquettes, casseroles.</p> <p>Packaged meals are often made with milk or milk solids</p>
Potatoes & Substitutes	<p>Macaroni, noodles, spaghetti, rice</p> <p>Potatoes or kumara prepared without milk, butter, cream, or margarine</p>	<p>Potato au gratin, buttered, creamed, scalloped potato or kumara</p> <p>Macaroni cheese</p> <p>Mashed potatoes containing milk or butter</p> <p>Frozen french fries sprayed with lactose</p>
Soups	<p>Broth, consommé or soups made with allowed foods</p>	<p>All soups made with milk or milk products</p> <p>Bisques, chowders, creamed soups</p>
Sweets	<p>Corn syrup, honey, jam, jelly</p> <p>Granulated, brown or powdered sugar</p> <p>Boiled lollies, and other candy made without milk or milk products</p>	<p>Candy made with milk such as chocolate, fudge, caramels, nougat</p>
Vegetables	<p>All fresh, frozen, or canned vegetables without milk or milk products added</p> <p>All vegetable juices</p>	<p>Vegetable soufflés and buttered, creamed, or scalloped vegetables</p> <p>Battered and dipped vegetables excluding tempura</p>
Miscellaneous	<p>Ketchup, olives, pickles, nuts, herbs, chili powder, salt, spices, condiments</p> <p>Any foods that are milk/ cheese/butter free or that do not contain powdered milk or whey</p>	<p>All items containing milk, cheese, butter, whey casein, caseinates, hydrolysates, lactose, lactalbumin, lactoglobulin or milk solids, artificial butter flavor, some non-dairy substitutes containing caseinate</p>



How to read a label for a milk-free diet:

Be sure to avoid foods that contain any of the following ingredients:

- artificial butter flavor
- butter, butter fat
- casein
- caseinates (ammonium, calcium, magnesium, potassium, sodium)
- cheese, cottage cheese, curds
- cream
- custard, pudding
- ghee
- hydrolysates (casein, milk protein, protein, whey, whey protein)
- lactalbumin, lactalbumin phosphate
- lactoglobulin
- lactose
- milk (derivative, protein, solids, malted, condensed, evaporated, dry, whole, lowfat, nonfat, skim)
- nougat
- rennet casein
- sour cream
- sour cream solids
- whey (delactosed, demineralized, protein concentrate)
- yoghurt

Other possible sources of milk or milk products:

- brown sugar flavoring
- caramel flavoring
- chocolate
- high protein flour
- margarine
- natural flavoring