



Diet for Milk-Protein Allergy

Patient and Family Education

This teaching sheet contains general information only. Your child's doctor or a member of your child's health care team will talk with you about specific care for your child.

What is a milk-protein allergy?

A cow's milk-protein allergy happens when the body's immune system reacts in an abnormal way to the protein found in milk products. In people who have a milk allergy, milk proteins can cause:

- Damage to the lining of the digestive tract (stomach and intestines)
- Bloody stools and watery diarrhea (bowel movements)
- Vomiting
- Weight loss
- Eczema (a skin condition) and hives

In severe cases, it can cause shock and trouble breathing.

What is the difference between a milk-protein allergy and lactose intolerance?

Lactose intolerance is not an allergic reaction to milk or any other milk product. Lactose intolerance is when the body is not able to digest sugar lactose found in milk. It often occurs later in life.

What foods contain milk?

All dairy products contain milk. Many processed foods also contain milk or milk products. To make sure that the foods your child eats do not contain any milk products, you need to **read the ingredient list** on food labels.

What items on a food label contain milk?

These ingredients contain milk:

Milk	Caseinate
Milk Solids	Calcium Caseinate
Non-Fat Milk Solids	Sodium Caseinate
Buttermilk Solids	Lactalbumin
Chocolate (may contain milk solids)	Lactoglobulin
Cream	Lactose
Half & Half	Ghee
Butter	Junket
Curds	Nougat
Whey Solids	Custard
Whey	Milk Chocolate
Casein	Malted Milk
	Simplese

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Diet for Milk-Protein Allergy, continued

These ingredients do not contain milk:

Calcium lactate	Lactic acid
Calcium stearoyl lactylate	Oleoresin
Cocoa butter	Sodium lactate
Cream of tartar	Sodium stearoyl lactylate

What can I substitute for milk in my recipes?

Substitute equal amounts of these items for milk in your recipes:

- Fortified soy milk
- Fortified rice milk
- Water
- Fruit juice such as apple juice to make pancakes

For example, if a recipe calls for 1 cup of milk, use 1 cup of water instead.

Can my child's diet be healthy without milk?

Yes. Milk and milk products provide protein, vitamins A & D, riboflavin, calcium and B₁₂. But other foods also contain these nutrients .

- Calcium fortified orange juice, soy milk and rice milks are now found in most large grocery stores.
- Your infant may need a formula that does not contain milk. Some examples of milk-free infant formulas include Isomil, Prosobee, Alimentum, Pregestimil, Nutramigen and Neocate.
- Older children who need supplements can use Vivonex Pediatric, or Neocate Junior.
- Although rare, some children do have symptoms on hypoallergenic formulas like Pregestimil and Alimentum.

A word of caution:

Food manufactures may change the ingredients in the product without warning. Be sure to **always** read the food label before giving the item to your child to eat. It is easier to prevent a food-allergy reaction than to treat one. If you are not certain that a food is milk-free, check with the manufacturer.

What foods can my child eat on a milk free diet?

Be sure to read ingredient labels for details about each food. Listed here are general guidelines for foods your child can eat:

Food Group	Allowed	Not Allowed
Breads and Grains	Baked goods, breads and cereals that do not contain any milk products	Breads prepared with milk , such as muffins, pancakes, biscuits, french toast
Potatoes and Other Starches	Potato, rice or pasta prepared without milk or milk products Plain chips	Any potato, rice, or pasta prepared with milk or milk products - au gratin, creamed, and scalloped potatoes, instant potatoes, macaroni and cheese, ranch flavored snacks
Vegetables	All vegetables - fresh, frozen, canned	Any vegetable prepared with milk, cheese or butter - au gratin, creamed, scalloped

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Food Group	Allowed	Not Allowed
Fruits	All fruits- fresh, frozen, canned	Any fruit prepared with milk, cream or butter
Milk and Milk Products	Soy based infant formulas, calcium fortified soy and rice milk, soy cheese and yogurt, hydrolyzed protein formulas** (see below)	All cow's milk, powdered, evaporated, and condensed milk, half and half, cream, ice cream, yogurt, cheese, cottage cheese, goat's milk, cow's milk-based infant formulas and supplements
Meat and Meat Substitutes	Beef, poultry, turkey, fish, lamb, pork, beans, lentils, nuts, peanut butter, plain eggs, legumes, tofu	Any prepared with milk or milk products such as meatloaf, hotdogs, deli meats, scrambled eggs, egg substitutes
Desserts and Sweets	Hard candy, candies and desserts made without milk or milk products, fruit ices, sorbet, popsicles, juice bars, Jell-O	Candies containing cow's milk - caramels, milk chocolate, nougats, and fondants. Desserts prepared with cow's milk: cakes, pastries, cream pies, ice cream, ice milk, sherbet, frozen dairy products with simple syrup, custard, pudding, donuts
Fats and Oils	Soy oil, corn oil, safflower oil, coconut oil, vegetable oil, olive oil, peanut oil, milk-free margarines, mayonnaise, salad dressing	Cream, sour cream, fats prepared with added milk solids - butter, margarine, milk-based gravies, some coffee creamers, artificial butter flavor, butter flavored oil
Seasonings and Condiments	Salt, spices, oil based dressings, ketchup, mustard, relish, herbs	Cheese sauces, hollandaise sauce, white sauce, alfredo sauce, butter-flavored syrup, some salad dressings
Miscellaneous	Clear broth, vegetable soup, meat soups, homemade soups without milk, carbonated beverages, tea, coffee	Frozen dinners with cheese sauces, canned spaghetti sauce with cheese, cream soups, chowders, some diet drinks

****Hydrolyzed protein formulas:** Nutramigen, Pregestimil, Alimentum, Neocate, Vivonex Pediatric, Neocate Junior, and Pediatric E028

What are some resources on the milk free diet?

Books

The Parent's Guide to Food Allergies by Marianne S. Barber

Caring for the Child with Severe Food Allergies by Lisa Cipriano Collins, M.A., M.F.T.

Food Allergies and Adverse Reactions by Judy E. Perkin

Web sites

The Food Allergy & Anaphylaxis Network email address: Faan@foodallergy.org

American Academy of Allergy, Asthma & Immunology : www.aaaai.org

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