

Client Name \_\_\_\_\_ Date \_\_\_\_\_

RD/DTR \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_



## Tips for Managing a Milk Allergy

### Understanding Food Label Advisory Statements

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- Some food manufacturers voluntarily print advisory statements on food labels if there is a risk that a “safe” food came into cross-contact with a food allergen, such as milk. Look for advisory labeling such as “may contain milk” or “produced in a facility that also produces products containing milk.”
- However, advisory labeling is **not** required by law. The absence of an advisory statement does not necessarily mean there is no risk of cross-contact with milk.
- You may need to call the manufacturer for more information about how the product was manufactured.
- The type of advisory statement may not reflect risk. For example, “manufactured in a facility that also manufactures products containing milk” may not be safer than “may contain milk.”
- Avoid any product that has an advisory statement for milk.

### Nutrition Tips

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- Milk provides many nutrients, including protein, calcium, and vitamin D. However, your doctor and registered dietitian (RD) can help create an eating plan that is nutritionally balanced without milk.
- Try to eat a varied diet, including lean meats and poultry, fish, dried beans and peas, eggs, fruits, vegetables, whole grain and enriched grain products, healthy oils, and alternative “milk” beverages or formulas.
- Not all alternative “milk” beverages have the same nutrients as cow’s milk. For example, enriched rice milk contains very little protein. Check the Nutrition Facts label and discuss healthy choices with your doctor or RD.

### Safe Food Preparation Tips

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To avoid cross-contact between milk and other foods, follow these safety tips:

- Wash your hands before preparing foods and after touching any product containing milk.
- Before preparing food, clean all cooking and food preparation surfaces, cooking equipment, and utensils with hot soapy water.
- Prepare milk-free foods first. Cover and remove them from the cooking area before cooking foods that contain milk.



## Recipe Substitutions

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- When substituting for milk in a recipe, use equal amounts of juice, water, or an alternative “milk” beverage, such as rice, soy, oat, hemp, or almond milk (if you are allowed these “milks”).
- When baking, choose a stick-form of milk-free margarine to replace butter. Stick margarine contains less water and produces a better baked product than tub margarine.

## Shopping Tips

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- Read product labels each time you purchase an item, even if you have purchased the item before. Ingredients may change at any time without notification. Note that different sizes and versions of the same product may contain different ingredients.
- Delicatessens slice various types of luncheon meats and sometimes even cheese on shared slicers. Luncheon meats may contain milk ingredients. Choose instead a safe, packaged luncheon meat, or ask your deli to slice your order first thing in the morning on a clean machine and set it aside for you to pick up later in the day.
- Kosher delicatessens will carry meat products without milk ingredients, and they do not use shared equipment for meat and cheese products.
- Nonfood items (including lotions, soaps, cosmetics, sunscreens, medications, and pet food) may contain milk ingredients. These products are not covered under the food allergen labeling act. Read ingredient lists carefully.

## Eating Out Tips

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- When eating in restaurants, use “chef cards” (available from the FAAN Web site: <http://www.foodallergy.org>). These cards list all the ingredients you need to avoid. Speak directly to the manager and inform him or her that you have a food allergy. Present your chef card, and discuss which ingredients to avoid as well as how to avoid cross-contact.
- Avoid complex dishes and desserts with multiple ingredients or sauces. These may have hidden allergens.
- Avoid foods that are fried in a deep-fat fryer that may have been used to fry other foods with milk ingredients.
- Be aware that cross-contact is likely in salad bars and buffets. Serving utensils may be shared, and foods can spill and splash.
- Look for food allergen information on Web sites for some fast-food and chain restaurants. However, be aware that restaurant companies may use multiple food suppliers, and ingredients or recipes may change over time. Always reconfirm that food is safe before ordering.

## Travel Tips

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- Plan ahead!
- Carry extra emergency medications when you travel. Keep a supply of these medications with you at all times. Lost luggage is a true disaster if the luggage contains your emergency medication and treatment plan.
- Know how to call for emergency services at your destination. Be familiar with the location and distance of local hospitals, and keep the contact information of local medical professionals handy.

- Pack allergen-free snacks and some staple foods.
- If necessary, request special hotel accommodations, such as a room with a refrigerator or kitchenette.
- Investigate restaurants ahead of time, and call ahead with special requests. If you are traveling abroad, consider chef cards printed in the destination's native language. Chef cards in several languages are available at the Food Allergy Initiative Web site (<http://www.faiusa.org>).
- When traveling by plane:

Bring medications in their original packaging and keep them with you at your seat.

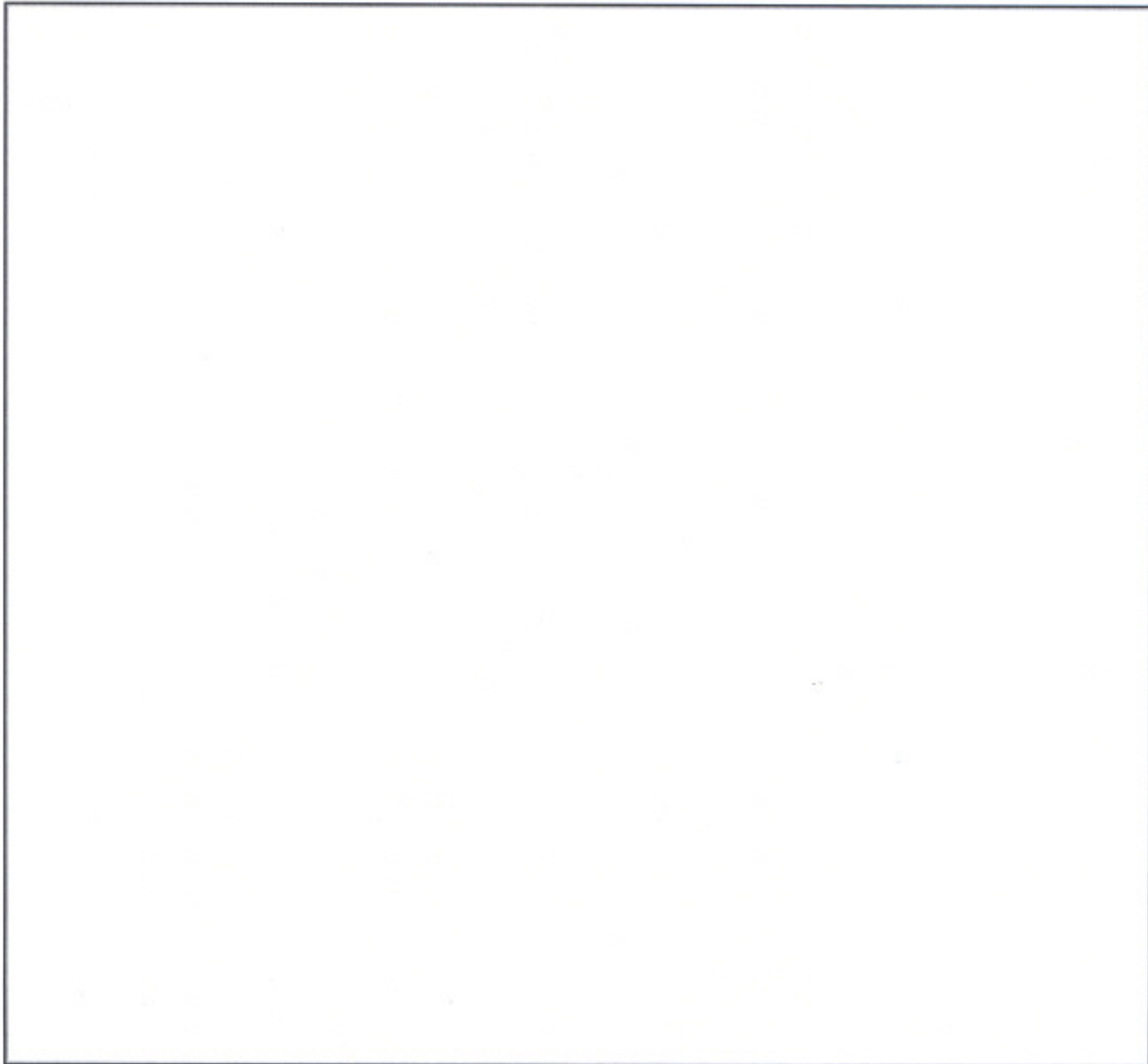
Pack your own safe meals and snacks for the trip and include extra food in case there are delays.

People with allergies should not eat the airline food.

Wipe down the plane seat to prevent any potential contact reactions.

More information on air travel is available on the FAAN Web site (<http://www.foodallergy.org>) and the Food Allergy Initiative Web site (<http://www.faiusa.org>).

**Notes:**





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## Milk Allergy Nutrition Therapy

You have been diagnosed with a milk allergy. The only treatment for milk allergy is to strictly avoid all food products that contain milk or a milk derivative as an ingredient.

Many food products are made with milk or ingredients that contain milk proteins. In addition to dairy products, milk may be found in many margarines, baked products (breads, brownies, cookies, cakes, muffins, and so on), chewing gum, cold cuts, crackers, cereals, “nondairy” products, processed and canned meats and fish, and frozen and refrigerated soy products.

Milk is considered a major allergen. All manufactured food products that are regulated by the Food and Drug Administration (FDA) and contain milk as an ingredient must list the word “milk” on the product label.

Before you buy any food product, **always read the entire food label** to make sure the product is safe. Remember that manufacturers may change ingredients and food preparation methods at any time.

### Foods Recommended

Food Group	Recommended Foods
<b>Milk substitutes</b>	None (see beverage section)
<b>Meat and Other Protein Foods</b>	All fresh or frozen meats (beef, veal, pork, lamb) or poultry Fresh, frozen or canned fish or shellfish Eggs Dried beans and peas Nuts and seeds Processed meats and luncheon meats without milk ingredients
<b>Grains</b>	Breads, other baked goods (brownies, cakes, cookies, muffins, etc.), cereals, crackers, noodles/pasta, pancakes, pretzels, rice, rolls, tortillas, waffles, and other grain foods made without milk ingredients
<b>Vegetables</b>	All fresh, frozen or canned vegetables prepared without milk ingredients 100% vegetable juices

Food Group	Recommended Foods
<b>Fruits</b>	All fresh, frozen or canned fruits prepared without milk ingredients 100% fruit juices
<b>Fats and oils</b>	Margarine made without milk or milk ingredients Vegetable oil Vegetable oil spray made without milk or milk ingredients Gravies and sauces made without milk or milk ingredients Salad dressings and mayonnaise made without milk or milk ingredients
<b>Beverages</b>	Alternative enriched “milk” beverages (such as those made from soy, rice, oat, or hemp)
<b>Other</b>	Cocoa butter Coconut milk Calcium lactate Oleoresin Cream of tartar Lactic acid (although lactic acid starter culture may contain milk) Pepper and salt Herbs and spices Mustard, ketchup, and relish Soups and casseroles made without milk ingredients Flavoring extracts Gelatin Honey Jam, jelly, marmalade, and preserves Sugar Maple syrup

## **Foods Not Recommended**

Check all labels and verify safe food preparation techniques to determine safety. Any foods prepared with milk ingredients are **not** recommended.

Food Group	Foods Not Recommended
<b>Milk and Milk Products</b>	All types of milk (including whole, reduced-fat, low-fat, fat-free, buttermilk, powdered, condensed, and evaporated) Butter, butter fat, butter solids Cheese (all forms) and cheese flavor Cream (heavy, light, sour, whipping, whipped) Half-and-half Custards



	<p>Ghee Ice cream Pudding Yogurt Milk ingredients:</p> <ul style="list-style-type: none"> <li>• Casein</li> <li>• Caseinates (all forms)</li> <li>• Curds</li> <li>• Hydrolysates (casein, milk protein, protein, whey, whey protein)</li> <li>• Lactalbumin, lactalbumin phosphate, lactoglobulin, lactoferrin</li> <li>• Milk derivative, milk powder, milk protein, milk solids, nonfat milk solids, nonfat dry milk</li> <li>• Rennet casein</li> <li>• Whey (all forms, such as cured whey, lactose-free whey, demineralized whey, sweet dairy whey, whey protein concentrate, whey powder, whey solids)</li> </ul>
<b>Meat and Other Protein Foods</b>	<p>Any fresh or frozen meats (beef, veal, pork lamb) or poultry prepared with a milk ingredient Fish, shellfish, and canned fish with a milk ingredient Eggs prepared with a milk ingredient Dried beans, peas, soy foods, nuts, or seeds with a milk ingredient Processed meats and luncheon meats with a milk ingredient</p>
<b>Grains</b>	<p>Breads, other baked goods (brownies, cakes, cookies, muffins, etc.), cereals, crackers, noodles/pasta, pancakes, pretzels, rice, rolls, tortillas, waffles, or other grain foods made with milk ingredients</p>
<b>Vegetables</b>	<p>All fresh, frozen, or canned vegetables prepared with milk ingredients</p>
<b>Fruits</b>	<p>All fresh, frozen, or canned fruits prepared with milk ingredients</p>
<b>Fat and Oils</b>	<p>Butter Margarines with milk ingredients Gravies or sauces made with milk ingredients Salad dressings made with milk ingredients</p>
<b>Beverages</b>	<p>All forms of cow's milk</p>
<b>Other</b>	<p>Goat's milk, sheep's milk, and other mammalian milks and their products Recaldent (an ingredient in whitening chewing gum) Simplesse (a fat substitute)</p>

### How to Read a Label for a Milk-Free Diet

All FDA-regulated manufactured food products that contain milk as an ingredient are required by U.S. law to list the word "milk" on the product label.

#### Avoid foods that contain milk or any of these ingredients:

butter, butter fat, butter oil, butter acid, butter ester(s)	milk ( <i>in all forms, including condensed, derivative, dry, evaporated, goat's milk and milk from other animals, low fat, malted, milkfat, nonfat, powder, protein, skimmed, solids, whole</i> )
buttermilk	milk protein hydrolysate
casein	pudding
casein hydrolysate	Recaldent*
caseinates ( <i>in all forms</i> )	rennet casein
cheese	sour cream, sour cream solids
cottage cheese	sour milk solids
cream	tagatose
curds	whey ( <i>in all forms</i> )
custard	whey protein hydrolysate
diacetyl	yogurt
ghee	
half-and-half	
lactalbumin, lactalbumin phosphate	
lactoferrin	
lactose	
lactulose	

#### Milk is sometimes found in the following:

artificial butter flavor	luncheon meat, hot dogs, sausages
baked goods	margarine
caramel candies	nisin
chocolate	nondairy products
lactic acid starter culture and other bacterial cultures	nougat



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## MILK ALLERGY IN CHILDREN

Approximately 2.5% of children younger than 3 years of age are allergic to milk. Nearly all infants who develop an allergy to milk do so in their first year of life. Most children who have a milk allergy will outgrow it in the first few years of life.



### Baking

Fortunately, milk is one of the easiest ingredients to substitute in baking and cooking. It can be substituted, in equal amounts, with water or fruit juice. (For example, substitute 1 cup milk with 1 cup water.)

### Some Hidden Sources of Milk

- Deli meat slicers are frequently used for both meat and cheese products.
- Some brands of canned tuna fish contain casein, a milk protein.
- Many non-dairy products contain casein (a milk derivative), listed on the ingredient labels.
- Some meats may contain casein as a binder. Check all labels carefully.
- Many restaurants put butter on steaks after they have been grilled to add extra flavor. The butter is not visible after it melts.
- Some medications contain whey.

\*Note: This list highlights examples of where milk has been unexpectedly found (i.e., on a food label for a specific product, in a restaurant meal, in creative cookery, etc.) This list does not imply that milk is always present in these foods; it is intended to serve as a reminder to always read the label and ask questions about ingredients before eating a food that you have not prepared yourself.



## Sample 1-Day Menu

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Meal	Menu
<b>Breakfast</b>	1 cup oatmeal 1 small banana 1 hard-boiled egg 1 cup (8 oz) fortified soy milk
<b>Snack</b>	6 ounces soy yogurt (not made with milk ingredients) 3 graham crackers
<b>Lunch</b>	1 large mixed green salad 1 Tablespoon olive oil and vinegar 3 ounces roast beef 2 slices rye bread 2 teaspoons mayonnaise 1 cantaloupe wedge 1 cup (8 oz) fortified rice milk
<b>Snack</b>	Carrot and celery sticks
<b>Dinner</b>	1 cup bean soup 4 ounces baked fish with herbs 1 sweet potato ½ cup stir-fried vegetables 1 whole wheat roll 2 teaspoons margarine (not made with milk ingredients)
<b>Snack</b>	½ cup applesauce Hot tea

### Notes:

## Sample 1-Day Meal Plan

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Use this form to develop an individualized meal plan.

<b>Breakfast</b>	
<b>Lunch</b>	
<b>Dinner</b>	
<b>Snack</b>	

**Notes:**

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## Commonly Asked Questions

### **Is goat milk a safe alternative to cow milk?**

Goat's milk protein is similar to cow's milk protein and may, therefore, cause a reaction in milk-allergic individuals. It is not a safe alternative.

### **What formulas are recommended for children with milk allergy?**

Extensively hydrolyzed, casein-based formulas are often recommended. These formulas contain protein that has been extensively broken down so it is different than milk protein and not as likely to cause an allergic reaction. Examples of casein-hydrolysate formulas are Alimentum® and Nutramigen®.

If the child is not allergic to soy, the doctor may recommend a soy-based formula.

### **When should a child stop using formula?**

When to wean from a milk-free formula to a milk substitute (such as rice milk or soy milk) will vary depending on the child's current diet. A milk-free formula is an excellent source of necessary nutrients, so many doctors recommend continuing its use well past the age of one year for children on restricted diets due to food allergy. Discuss your options with your doctor or dietitian to be sure that the child's nutritional requirements are all being met.

### **Do these ingredients contain milk?**

We frequently receive calls about the following ingredients. They do **not** contain milk protein and need not be restricted by someone avoiding milk:

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