Let's Talk About...

Milk allergy

What is a milk allergy?

A milk allergy is an allergic reaction to the protein in milk. Children with a milk allergy must not drink or eat milk products or foods with milk proteins. The most common milk allergy symptoms include the following:

- **Skin Reactions:** itchy red rash, hives, eczema, and allergic "shiners" (black eyes), or swelling of lips, mouth, tongue, face, or throat
- **Stomach Reactions:** abdominal pain and bloating, diarrhea (usually very runny), vomiting, gas, or cramps
- **Nose, Throat, and Lung Reactions:** runny nose, sneezing, water or itchy eyes, coughing, wheezing, or shortness of breath

Milk allergy is not the same as lactose intolerance. Lactose intolerance means the body does not make enough lactase. Lactase digests the sugar in milk. People with lactose intolerance can have belly pain, gas, and bloating. If you think your child has lactose intolerance you should discuss treatment options with your child's pediatrician or a registered dietitian.

What kind of food can my child eat?

If your child has a milk allergy, you will have to remove all the dairy products from his diet. These include milk (whole, 2%, 1%, or non-fat/skim), dry milk solids, yogurt, cream, half and half, sour cream, cottage cheese, cheese (any type), ice cream, eggnog, instant breakfast powders or liquids, and other high protein drinks.

"Non-dairy" foods may still contain milk proteins, so take time to read labels. Many packaged meals, vegetables, gravies, sauces, soups, and salad mixes contain milk. Avoid foods that contain milk, milk products, milk casein, or caseinates. Use milk-free margarine when cooking and soy formula, water, or juice as substitutes for liquids in baking.

What do I look for when I read the food labels?

Milk is one of the most common food allergies. If a food, or ingredient in a food, contains milk, the label must say so. You may find different names for milk and milk-containing ingredients on labels. The following are ingredients that contain milk proteins.

Ingredients that contain milk		
Ammonium casein	Casein hydrolysate	Milk protein hydrolysate
Artificial butter flavor	Dairy	Potassium casein
Butter fat	Lactalbumin	Protein hydrolysate
Butter oil	Lactoalbumin phosphate	Rennet casein
Butter milk	Lactaglobulin	Sodium casein
Calcium casein	Lactose	Whey
Casein	Magnesium casein	Whey hydrolysate

Some flavorings contain milk proteins. Check the following flavorings carefully before using them.

Flavorings that contain milk		
Bavarian cream	Coconut cream	Natural chocolate
Brown sugar	High protein powder	Simplesse
Caramel	Margarine	

The letters "K" or "U" within a circle indicate that the product is Kosher and it is does not contain dairy products. A "D" on the label means the food contains dairy products.

How can I help my child get the right nutrients?

Milk-free diets may be low in calcium, protein, vitamin D, vitamin A, and riboflavin. Feed your child a daily multi-vitamin with calcium, vitamin A,

and vitamin D. This will help your child's bones stay healthy.

What type of foods can my child eat?

The following tables list some general foods that are okay to eat and milk-containing foods that are NOT ok to eat.

Foods your child can eat (No milk)	Foods your child should not eat (Contain milk)
Beverages and formula	
• All carbonated drinks • Coffee • Fruit juices • Punch • Tea **Non-Dairy Beverages:** • Coconut milk • Soy milk • Eden Blend® • Mocha Mix • Pacific Select® • Rice milk **Infant/Toddler Formulas:** • Soy formulas • Isomil® • Prosobee® **Hypoallergenic:** • Alimentum • Nutramigen • Pregestimil	All milk or milk products such as: • Buttermilk • Condensed milk • Dry skim milk powder, milk solids, or milk proteins • Evaporated milk • Goats milk • Hot chocolate **Infant formulas with milk** • Lowfat milk • Malted milk • Ovaltine • Skim milk • Whole milk **Non-Dairy Beverages:** • Coffee creamers • Royal Danish®
Dairy products	
• None	• Cheeses • Cottage cheese curds • Cream • Cream solids • Custard • Frozen yogurt • Half and half • Ice cream • Nacho cheese • Natural or processed Nougat

Foods your child can eat (No milk)	Foods your child should not eat (Contain milk)
Beverages and formula (Continued)	
None	• Pudding • Sour cream • Velveeta® cheese • Whipping cream • Yogurt
Eggs, Meats, Fish and Poultry	
• All plain eggs, beef, chicken, fish, ham, turkey, lamb, veal and pork • Baby foods without milk products • Land O' Frost® hotdogs • Most Hormel® hotdogs • Tyson® Hotdogs	• Creamed or breaded meats, fish or chicken • Hot dogs • Louis Rich® or Hinoich® hotdogs • Luncheon meats or cold cuts with milk solids • Omelets with cheese or milk • Sausages
Fruits	
• All baby fruit without milk products • All fresh fruits • Canned and frozen fruits without milk products	• All baby fruits with milk • Canned or frozen fruit with milk
Vegetables	
• All baby vegetables without milk products • All fresh vegetables • Canned or frozen vegetables without milk products	• All baby vegetables with milk • Breaded vegetables • Buttered vegetables • Creamed vegetables • Frozen french fries with milk • Instant potatoes • Vegetable products with milk
Breads, Cereals and Pasta	
• Breads and rolls made without milk or dairy products. • French bread • Hot cereals *(Continued on next page)*	• Commercial breads, rolls, cereal, crackers made with milk or dairy • English muffins (read label) *(Continued on next page)*

Foods your child can eat (No milk)	Foods your child should not eat (Contain milk)
Breads, Cereals and Pasta (Continued)	
Cold Cereals: • Cheerios® • Fruit Loops® • Corn Pops® • Raisin Bran® • Frosted Flakes® • Rice Krispies® • Frosted Miniwheats® **Crackers:** • Graham crackers • Pretzels • Oyster crackers • Saltines **Pasta and Starches:** • Macaroni and noodles • Rice • Spaghetti	• Instant cream of wheat or oatmeal with milk **Prepared Mixes:** • Biscuits • Pancakes • Muffins • Waffles **Cold Cereals:** • Cocoa Krispies® • Toasteos® • Special K® • Total® **Crackers:** • Club® crackers • Flavored graham crackers • Zweiback® crackers
Soups	
• Clear soups and consommés • Chicken noodle • Chicken and rice • Tomato made with non-dairy creamer or water • Vegetable beef	• Any soups with milk • Chowders • Commercial creamed soups
Fats	
• Bacon • Coconut butters • Margarine and dressings without milk (Nucoa® margarine)	• Butter • Cream cheese • Cream • Margarine and dressings containing milk or milk
Desserts	
• Angel food cake • Frozen fruit bars • Fruit and flavored water ices • Hard candy *(Continued on next column)*	• Commercial cakes, cookies, donuts, or mixes with milk • Custard • Frozen yogurt • Ice cream made with milk *(Continued on next column)*

Foods your child can eat (No milk)	Foods your child should not eat (Contain milk)
Desserts (Continued)	
• Homemade treats with no milk • Gelatin • Most fruit roll-ups and other fruit-type snacks • Popsicle®	• Pie crust with butter or margarine • Pudding • Sherbets

Other Resources

Books

- What's to Eat? The Milk-Free, Egg-Free, Nut-Free Food Allergy Cookbook
  by Linda Marienhoff Coss
- The Parent's Guide to Food Allergies
  by Marianne S. Barber
- Dealing with Food Allergies: A Practical Guide to Detecting Culprit Foods and Eating a Healthy, Enjoyable Diet
  by Janice Vickerstaff Joneja;
- Food Allergy Field Guide: A Lifestyle Manual for Families
  by Theresa Willingham
- Caring for your Child with Severe Food Allergies: Emotional Support and Practical Advice from a Parent Who's Been There
  by Lisa Cipriano Collins
- Allergy-Free Cooking for kids: A Guide to Childhood Food Intolerance with 80 Recipes
  by Antionette Savill
- The Complete Guide to Food Allergy and Intolerance : Prevention, Identification, and Treatment of Common Illnesses and Allergies Caused by Food
  by M.D. Jonathon Brostoff
- The Food Allergy Survival Guide: Living and Thriving with Food Allergies and Sensitivities
  by Versanto Mesina, Dina Aronson, and Jo Stepaniak

Website

- www.foodallergy.org
- www.utahfoodallergy.org
- www.aaaai.org/patients/publicedmat/tips/foodallergy.stm
- www.nlm.nih.gov/medlineplus/foodallergy.html
- www.kidshealth.org/parent/medical/allergies/egg_allergy.html
- www.nal.usda.gov/fnic/foodcomp/search/

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