

## Diet: Milk (protein) Free

### Why does my child need this diet?

Some children are allergic to milk proteins. This means they should not eat foods or ingredients in foods that contain milk protein. Foods with milk protein include cheese, milk, yogurt and cream. **Formula fed infants under one year of age will need to use a milk-free formula. They should also not have foods with milk ingredients in them.**



### Is milk free different than lactose free?

**Yes.** A milk allergy is **very different** from milk or lactose intolerance. Your child must avoid all forms of milk protein. Children with lactose intolerance can sometimes tolerate small amounts of milk products. See the Low-Lactose Diet teaching sheet for more information.

### Doesn't my child need cow's milk to grow?

Taking cow's milk out of the diet may not give your child enough calories, calcium, riboflavin, Vitamin D and protein. Supplements may be needed. Talk with your child's doctor or dietitian. They may want you to use drink substitutes and supplements. Many milk substitutes are not good cow's milk substitutes for children under 2 years old or without close medical supervision. Some examples include rice milk, almond milk and mixed grain milk. Be sure to talk with your child's health care provider.

### Choosing milk-free food

- Read labels carefully when choosing foods for your child.
- Use the lists on page 2 for a milk free diet. **Avoid all ingredients with milk protein.**
- Do not rely on the "contains" statement. Always look at the list of ingredients to decide if the food item is allowed.
- Check the labels every time you buy a product. Ingredients can change at any time. You want to be sure the product is still milk-free.
- Avoid food products with cross-contact between allowed foods and those with milk protein. For example, deli meats are often sliced on the same equipment used for cheese products. This means the meat has had cross-contact with the cheese.
- Keep a list of allowed food products to make grocery shopping easier.
- Do not guess or assume what is in a food or how a food is prepared.
- Do your homework before eating at a restaurant. Call them during non-busy hours and talk to the manager or chef. Ask them for their food ingredient list and choose items that are milk-free. Check the restaurant's web site for ingredient information. Update this information often.
- Be prepared when eating at a restaurant. Pick single ingredient foods and ask about how foods are prepared. Ask for food to be prepared in a clean, separate pan without any added ingredients such as seasonings, oils or marinades. Avoid foods that are fried in oil, made on a grill, or prepared in any other way that is at risk for cross-contact.
- Bring milk-free foods for your child to the restaurant in case your choices are limited.

## Read the label

Example Ingredient Statement:

### Ingredients

UNBLEACHED ENRICHED FOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), SOYBEAN OIL, **CHEDDAR CHEESE**, **CULTURED MILK**, SALT AND ENZYMES), TAPIOCA DEXTRIN, SALT, AUTOLYZED YEAST EXTRACT (CONTAINS BARLEY), CALCIUM CARBONATE (NATURAL SOURCE OF CALCIUM), LEAVENING (CALCIUM PHOSPHATE AND/OR YEAST), NATURAL FLAVOR, ANNATTO EXTRACT (VEGETABLE COLOR).CONTAINS WHEAT, MILK.



## The following ingredients contain milk protein

### Avoid foods that contain these ingredients:

- Butter, butter fat, butter oil, butter acid, butter ester(s)
- Buttermilk
- Caseinates (in all forms)
- Cream
- Custard, pudding
- Ghee
- Lactalbumin, lactalbumin phosphate
- Milk (in all forms, including derivative, powder, protein, solids, malted, condensed, evaporated, dry, whole, low-fat, non-fat, skimmed, goat's milk and milk from other animals).
- Milk protein hydrolysate
- Rennet casein
- Sour milk solids
- Tagatose
- Whey protein hydrolysate
- Casein
- Cheese, cottage cheese, curds
- Diacetyl
- Half and half
- Lactoferrin
- Lactose
- Lactulose
- Recaldent®
- Sour cream, sour cream solids
- Whey (in all forms)
- Yogurt

**Milk is sometimes found in the following:** These are foods that often have ingredients that contain milk. Be sure to check the label using the above list to figure out if they are milk protein free.

- Artificial butter flavor
- Baked goods
- Caramel candies
- Chocolate
- Lactic acid starter culture and other bacterial cultures
- Lunch meat, hot dogs, sausages
- Margarine
- Nisin
- Nondairy products
- Nougat

The above information is from Food Allergy Research & Education (FARE). Get a current list by going to <http://www.foodallergy.org>. You should get a current list at least once a year.

**Food choices (This is a list of suggestions only. Always read labels before eating foods)**

	<b>Choose</b>	<b>Avoid</b>
<b>Beverages</b>	Enriched soy or rice milk (caution with children under 2 years of age); soy infant formula; calcium fortified juice in limited amounts.	Cow's milk; buttermilk, nonfat dry milk; evaporated or condensed milk; cocoa mixes containing milk, milkshakes.
<b>Breads and starches</b>	Milk-free breads (may include but not limited to buns, bagels, English muffins, tortillas or pita bread); plain rice or pasta; dry or cooked cereal, milk-free crackers, milk-free pancakes or waffles, french toast made <b>without milk</b> .	Any that contain milk solids or whey; pancakes, waffles or french toast made with milk; crackers made with milk or cheese; macaroni & cheese; canned spaghetti products and other rice or pasta products that contain milk.
<b>Cheese</b>	Milk free substitutes made from soy, rice or other milk free ingredients. Some will have casein – <b>read labels</b> carefully.	All cheese, cottage cheese, ricotta cheese.
<b>Condiments</b>	Salt, pepper, spices, ketchup, mustard, steak sauce, salsa, jelly, jam; barbeque sauce, soy sauce; gravy made <b>without milk</b> .	Cheese sauce; Stroganoff sauce; butter-flavor popcorn seasoning; non-dairy creamer <b>may</b> contain milk.
<b>Desserts and snacks</b>	Homemade cake, cookies or pie made <b>without</b> milk, butter, or margarine that contains milk, gelatin, sorbet, fruit ice, Popsicles®; fruit snacks, marshmallows, hard candy, jelly beans, gum drops; sugar, honey, molasses, milk free chocolate bars and candy, 100% cocoa powder.	Any store-bought or bakery prepared desserts made with milk ingredients; ice cream, frozen yogurt, yogurt, pudding, custard, whipped cream, milk chocolate candy; fudge; butter-flavored candies, sherbet and caramels <b>may</b> contain milk.
<b>Fats</b>	Milk-free margarine; vegetable oil or shortening; mayonnaise; Italian salad dressing, fried foods made <b>without milk</b> products in clean oil.	Butter, margarine; cream cheese; sour cream; sauces made with butter, cream or cheese; salad dressings with cheese, buttermilk or milk added; chips with cheese or sour cream flavoring.
<b>Fruits</b>	Fresh, canned, frozen or dried.	Any made with milk products; fruits with yogurt coating.
<b>Meats and meat substitutes</b>	Fresh beef, pork, chicken, turkey, fish; cooked or hard-boiled eggs; nuts, peanut butter; dry beans, peas or lentils.	Meat, fish or eggs prepared with milk, butter or cheese; meats with breading; hotdogs/luncheon meats/sausages <b>unless</b> milk free.
<b>Soup</b>	Any broth based; bouillon cubes.	Any cream or cheese based.
<b>Vegetables</b>	Fresh, frozen or canned; homemade mashed potatoes with chicken broth instead of milk.	Any prepared with butter, cheese or cream sauce; instant mashed potatoes; tomato sauce with cheese.

## More suggestions for milk-free diet

Always read the label to make sure that the product is still milk-free.

### What are some brands of Milk-free Margarine?

- Fleishman's Unsalted Stick Margarine
- Earth Balance Soy Free Buttery Spread
- Smart Balance Light

### What are some common brands of milk-free food products?

- Applegate Farms <http://www.applegatefarms.com>, 866-587-5858
- Cherrybrook Kitchen <http://www.cherrybrookkitchen.com>, 866-458-8225
- Enjoy Life Foods <http://www.enjoylifefoods.com>, 888-473-7597
- Ian's Natural Foods <http://www.iansnaturalfoods.com>, 800-543-6637
- Silk Soy Products <http://www.silksoymilk.com>, 888-820-9283
- Tofutti <http://www.tofutti.com/btcc.shtml>, 908-272-2400
- Van's Natural Foods <http://www.vansfoods.com>, 323-585-5581
- Zen Soy <http://www.zensoy.com/products.html>

### On-line resources for allergen free shopping

[www.navanfoods.com](http://www.navanfoods.com) and [www.peanutfreeplanet.com](http://www.peanutfreeplanet.com)

### For more information

- Food Allergy Research & Education (FARE) offers education and support to families with food allergies.  
Food Allergy Research & Education  
7925 Jones Branch Dr. Suite 1100  
McLean, VA 22102  
Phone: (800)929-4040 Fax: (703)691-2713  
<http://www.foodallergy.org>
- Children's Hospital of Wisconsin **Caring for Children with Food Allergies** class. For more information and to register, go to [www.maxishare.com/conferences](http://www.maxishare.com/conferences).

### Nutrition Recommendations:

Age Appropriate "Milk Substitute" Beverage: \_\_\_\_\_

Multivitamin: \_\_\_\_\_

Calcium: \_\_\_\_\_

Vitamin D: \_\_\_\_\_

Other: \_\_\_\_\_

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**