

Division of Pediatric Gastroenterology and Nutrition





The milk-free diet is used for those diagnosed with milk allergy/hypersensitivity or for those with suspected milk allergy. This diet eliminates all sources of milk and milk protein. These instructions should be followed completely, unless your physician advises beginning milk products. Reading food labels for ingredients to avoid is very important in following a milk-free diet.

Food ingredients to avoid

- Artificial butter flavor
- Butter, butter fat, butter-flavored oil
- **Buttermilk**
- Casein
- Caseinates (ammonium, calcium, magnesium, potassium, sodium)
- Cheese of all types including cheese flavor, cheese sauces, cottage cheese, cream cheese
- Cream of all types including sour cream
- Curds
- Custard
- Ghee
- Goat's milk (unless otherwise directed by your doctor
- · Half-and-half
- Hydrolysates (casein, milk protein, protein), whey, whey protein
- Ice cream, ice-cream products
- Lacatalbumin, lactalbumin phosphate, lactoglobulin
- Lactate solids
- Malted milk
- Milk: whole, low-fat, non-fat
- · Milk chocolate
- Milk derivatives; powder, milk protein, milk solids, milk solid pastes
- Non-fat milk solids
- Nougat
- Pudding
- Rennet Casein
- Simplesse

- Sour milk products
- Sweetened condensed milk
- Whey (cured, lactose-free, demineralized, sweet dairy, whey protein concentrate, whey solids)
- Yogurt, frozen yogurt, yogurt powder

Foods which contain milk

- Baked products, baking mixes (*Note: most* French bread is milk free)
- · Canned fish and meat
- · Luncheon meats, hotdogs
- Margarine and spreads (Note: Fleishman's soft UNSALTED margarine whipped and Nocoa are milk free)
- · Non-dairy creamers
- Potato mixes
- Salad dressing and sauces (You may make your own with allowed products - oil, vinegar, herb and milk free spices)

Substitutions

Many health food stores carry a variety of baked goods and other products that are milk free. Most grocery stores carry rice and soy milks. Other products are available from mailorder companies.

Note: You may need to supplement your child's diet with calcium and other nutrients on this diet. Be sure your calcium supplement is also milk free.

Starches: Many French breads are milk free, but read the label. No rice mixes or prepared casserole mixes unless you make them yourself. Many have milk or whey in them. (Continued)

Fresh meats, veggies, fruits, and starches you prepare yourself are best.

Frequently asked questions

- Is goat milk a safe alternative to cow milk? No. Goat's milk protein is similar to cow's milk protein and may, therefore, cause a reaction in milk-allergic individuals.
- Can I rely on Kosher symbols to determine if a product is milk- free? The Jewish community uses a system of product markings to indicate whether a food is kosher, or in accordance with Jewish dietary rules:
 - "D" or "Dairy" on a label next to "K" or "U" means 'milk protein', and a "DE" on the label means 'produced on equipment shared with dairy'.
 - "Pareve" products are generally considered 'milk-free' (also spelled "Parev" or "Parve"). However, under Jewish law, food may be considered "Pareve" even if it contains a very small amount of milk. Therefore, a product labeled as Pareve could potentially have enough milk protein in it to cause a reaction in a milkallergic individual.
- Do these ingredients contain milk?
 No. The following do not contain milk protein:
 - Calcium lactate
 - Calcium stearolyl lactylate
 - Cocoa butter
 - Cream of tartar
 - Lactic acid (Note: lactic acid starter culture may contain milk)
 - Oleoresin
 - Sodium lactate
 - Sodium stearoyl lactylate

 Are fried foods allowed? Try to avoid fried and battered foods when eating out, because even if the batter doesn't contain milk products, the oil used to fry the foods may have been used to fry something containing milk.

For additional information

For additional information, you may contact the Food Allergy & Anaphylaxic Network (FAAN), 800-929-4040 or www.foodallergy.org

