



Milk-Free and Soy-Free Diet

Your physician has recommended a milk protein-free and soy protein-free diet. This diet is recommended for the treatment of allergic inflammation in your child's digestive tract. Milk and soy are used extensively in food processing, therefore careful label reading of all food products is necessary to eliminate less obvious sources of these foods.

When reading labels the following ingredients should be avoided, as they indicate the presence milk or soy:

- **Important!** All food products that contain **soybean oil, soy oil, or soy lecithin** are safe to eat, as these ingredients do not have protein in them.
- If a food label states "this product was made in a facility that processes milk and soy" it is generally safe for your child to eat.
- If a food label states "may contain traces of milk and soy" it needs to be avoided.

Artificial butter flavor	Cream	Lacotalbumin	Sherbet
Butter- butter milk	Curds	Lactoglobulin	Sour cream
Butter- butter milk	Custard	Lactulose	Sour milk solids
Butyrate	Ghee	Nonfat dry milk	Whey (sweet-delactosed-protein concentrate)
Casein	Goats milk	Nougat	Yogurt
Cheese	Half and Half	Pudding	Caseinates (ammonium-calcium-magnesium-potassium-sodium)
Chocolate	Ice cream	Rennet Casein	Hydrolysate (casein-milk protein-whey, whey-protein)
Cottage cheese	Natural / artificial flavorings-contact company		Milk derivatives (condensed, evaporated, low-fat, malted, powder, protein, skim and whole
Miso	Tempeh	Soy protein	
Shoyu sauce	Tofu	Soy (albumin-flour-grits-nuts-milk-sprouts)	
Soy sauce	Tofutti	TVP (Textured vegetable Protein)	

Bold words mean soy

FOODS ALLOWED

FOODS TO AVOID

BEVERAGES:	Fruit juices, carbonated beverages, hypoallergenic nutritional supplements. Fruit drinks made with allowed ingredients, Enriched rice milk, enriched almond milk, coconut milk	All milk, milk solids, dry milk, condensed milk, yogurt, Lactaid milk, milk shakes, Acidophilus milk, soy milk, Tiger's milk, soy formulas, milk formulas.
PROTEIN FOODS:	All plain: Fresh meats, poultry, fish, eggs, cold cuts, frankfurters and sausages made with allowed ingredients. Peanut Butter, Sunflower Butter, Almond Butter	Cheese of all types, including cream cheese, cottage cheese, aged and fresh, tofu or soy cheese. Cold cuts and frankfurters with non-fat dry milk or fillers added and Yogurt.
FRUITS:	All plain: Fresh, frozen, canned or cooked. All fruit juices.	Fruit drinks with added lactose.
VEGETABLES:	All plain: Fresh, frozen, canned or cooked. Vegetable juices.	Vegetable protein, textured vegetable, protein (TVP), soy in any form. Vegetables with cream, butter or cheese sauce.
BREADS, CEREALS, PASTA:	Water based bread products made with allowed ingredients. Plain pasta, rice, macaroni. Dry and cooked cereals with allowed ingredients.	Grain products made with milk or soy by-products, grain products w/cheese, butter or cream sauces. Commercially prepared Muffins, scones, sweet breads. <u>Check labels.</u>
DESSERTS:	Homemade cookies, cakes, pastries and pies with allowed ingredients. Gelatin, popsicles, water ice, Rice Dream pudding, Rice Dream ice cream and sorbet. So'Delicious coconut milk ice cream	Most commercially prepared desserts (cookies, cakes, pies, Danish). Tofu custards, sherbert, ice milk, pudding, ice cream, frozen yogurt, tofutti, cheese cakes, etc. <u>Check labels.</u>
SOUPS:	Homemade vegetable, chicken, or beef broth based soups made with allowed ingredients (meats, pastas, rice, beans, vegetables, barley)	Cream soups, chowders, cheese soups, commercially prepared soups containing milk or soy derivatives. <u>Check labels.</u>
FATS:	Bacon, lard, nuts and mayonnaise. Oil and Vinegar based salad dressing (check labels) Spectrum organic shortening (made with Palm oil) <u>Check labels.</u>	Butter, cream, sour cream, margarine with milk, milk protein, soy protein isolates or hydrolyzed soy protein. Creamy Salad dressings.

	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
CONDIMENTS:	Sugar, jams, jellies, honey, hard candy, gum drops, herbs, spices, catsup, vinegar, relish, pickles, carob powder, artificial flavorings and extracts, cocoa and some dark chocolate.	Milk chocolate, toffee, cream mints or candy, butterscotch, food and medications with lactose, milk or soy added as a filler.

Helpful Resources:

Food Allergy & Anaphylaxis Network 703-691-3179 or www.foodallergy.org

Living Without (Magazine)

The Dairy Free Cookbook by Jane Zukin

Vitamin and Mineral Supplementation:

When removing milk and soy from your child's diet, it will usually be necessary to give a calcium and vitamin D supplement, as most calcium in foods is from dairy and soy is often used as a replacement. Calcium and vitamin D are important minerals for keeping bones healthy, so be sure talk with your Registered Dietitian (RD) about your child's supplement needs.

Good food sources of calcium that are milk and soy free:

Rice milk fortified w/calcium *	8 oz glass	300 mg	*
Orange Juice fortified w/calcium	8 oz glass	300-350 mg	*
V-8 fortified w/calcium	8 oz glass	300 mg	
Almond Breeze	8 oz glass	300 mg	
Almonds	1/3 cup	120 mg	
Pinto beans	1 cup	103 mg	
Kale (cooked)	1/2 cup	90 mg	
Broccoli (cooked)	1/2 cup	50 mg	
Fortified Cereals	1 ounce	300mg	

*Good sources of vitamin D

Milk and Soy Free Shopping List

Please know that you still need to double check all food labels listed on the next page, as ingredients can change without our knowledge. If you are unsure about a product, it is best to avoid it or contact the manufacturer directly.

General guidelines for planning a milk and soy free diet for your child:

- 1.) Pick a protein (chicken, turkey, eggs, beef, pork, fish)
- 2.) Pick a carbohydrate (plain rice, potato, pasta)
- 3.) Add fruits and vegetables to compliment
- 4.) Add fats for flavor and calories (oils, Fleischmann's unsalted margarine)

Breads and Rolls

Thomas' brand bagels
Freihofe's Hearty 100% Whole Wheat
Lender's Plain Frozen Bagels
Mission Tortillas
Trader Joes White Flour Tortillas
Stop & Shop Bagels
Italian Rolls (Bread of the day)
Stop & Shop Hamburger and Hot Dog Rolls
Pillsbury Classic Pizza Crust (refrigerator section)
Shaw's Brand Pie Crust
Jiffy Corn Bread (box mix)

Cookies, Cakes, and Crackers

Nabisco Graham Crackers
Nabisco Wheat Thins
Nabisco Triscuits
Premium Saltines
Nabisco Teddy Grahams
Barbara's Bakery Wafer Crips
Carrs Table Water Crackers
Keebler Club Original
Old London Whole Grain Melba Toast
Barbara's Ritelite Rounds
Midel Vanilla Snaps
Newman's Fig Cookies
Pillsbury Vanilla Frosting
Nabisco Gingersnaps
Pillsbury Sugar Cookie Dough
Pillsbury Gingerbread dough
Carr's Whole Wheat Crackers
Super Pretzel (Baked soft – in freezer section)
Aunt Jemima easy mix coffee cake
Cherrybrook Kitchen – Yellow cake mix, Sugar Cookie, Chocolate Chip Cookie

Cereals

Kellogg's Snack'ums Pops
Raisin Bran (Post or Kellogg's)
Post Honey Combs
Post Alpha Bits
General Mills Cheerios
Kellogg's Rice Krispies
General Mills Trix
General Mills Kix
General Mills Wheat Chex
Post Shredded Wheat
Quaker Oats Oatmeal

McCain's Irish Steele Cut Oats

Annie's Bunny Love

Quaker Oats Grits

Kellogg's Crispix

Protein Foods

All fresh meats, poultry, and fish

Bumble Bee Albacore Tuna

Jones Little Pork Sausages

Wellshire Farms Turkey Maple Sausage

Boar's Head Bacon

Boar's Head Beef Hotdogs

Tyson Chicken Nuggets

Most Boar's Head Cold Cuts

Phill-Gourmet Steaks 100% Pure Beef

Belle & Evans Breaded Chicken Breast Nuggets

Snacks

Fresh Fruits & Vegetables

Hummus

Pretzels

Lay's Brand Potato Chips

Veggie Crisps

Luigi's Real Italian Ice

Dole Fruit Juice Bars

Robert's Gourmet Nude Food

Home-made Popcorn with Fleischmann's unsalted margarine

Tostitos Brand Corn Chips with Salsa or Guacamole

Edy's Whole Fruit Sorbet

Jell-O Brand Gelatin

So'Delicious Coconut Milk Yogurt

So'Delicious Coconut Milk Ice cream

Beverages

Enriched Rice Milk

Welch's White Grape Juice with Calcium

Orange Juice Fortified with Calcium

Pediatric E028 Splash (Prescription Only)

Fats

Smart Beat

Unsalted Fleischmann's Margarine

Spectrum Organic Palm Oil Shortening

Smart Balance Light (made with Flaxseed Oil)