

<b>Prepared For:</b>		<b>Date:</b>	
<b>Prepared By:</b>		<b>Contact:</b>	

# Food Allergy Milk Nutrition Therapy

## Milk Avoidance Nutrition Therapy

Your child has 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, infant cereals and baby foods, “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

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

<b>Food Group</b>	<b>Recommended Foods</b>
Milk and Milk Products	None
Meat and Other Protein Foods	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
Grains	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
Vegetables	All fresh, frozen or canned vegetables prepared without milk ingredients 100% vegetable juices
Fruits	All fresh, frozen or canned fruits prepared without milk ingredients 100% fruit juices

Fat and Oils	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
Beverages	Alternative enriched “milk” beverages (such as those made from soy, rice, oat, or hemp)—for children older than 2 years. These alternative milks should be enriched to include calcium, vitamin D and other nutrients. The amounts of protein and fat in these milks vary greatly and may not be the same as cow's milk. Hypoallergenic commercial infant and toddler formulas
Other	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
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Milk and Milk Products	<p>All types of milk (including whole, reduced-fat, low-fat, fat-free, powdered, condensed, and evaporated)</p> <p>Butter, butter fat, butter solids</p> <p>Buttermilk</p> <p>Cheese (all forms) and cheese flavor</p> <p>Cream (heavy, light, sour, whipping, whipped)</p> <p>Half-and-half</p> <p>Custards</p> <p>Ghee</p> <p>Ice cream</p> <p>Pudding</p> <p>Yogurt</p> <p>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>
Meat and Other Protein Foods	<p>Any fresh or frozen meats (beef, veal, pork lamb) or poultry prepared with a milk ingredient</p> <p>Fish, shellfish, and canned fish with a milk ingredient</p> <p>Eggs prepared with a milk ingredient</p> <p>Dried beans, peas, soy foods, nuts, or seeds with a milk ingredient</p> <p>Processed meats and luncheon meats with a milk ingredient</p>
Grains	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
Vegetables	All fresh, frozen, or canned vegetables prepared with milk ingredients
Fruits	All fresh, frozen, or canned fruits prepared with milk ingredients
Fat and Oils	<p>Butter</p> <p>Margarines with milk ingredients</p> <p>Gravies or sauces made with milk ingredients</p> <p>Salad dressings made with milk ingredients</p>
Beverages	All forms of cow's milk, <b>except</b> hypoallergenic formulas made from extensively hydrolyzed cow's milk proteins and labeled hypoallergenic
Other	<p>Goat's milk, sheep's milk, and other animal milks and their products</p> <p>Recaldent (an ingredient in whitening chewing gum)</p> <p>Simplese (a fat substitute)</p> <p>Many dessert items (cake, cookies, puddings, etc) may contain milk. Check ingredients carefully.</p>

## Milk Avoidance Sample 1-Day Menu

<b>Breakfast</b>	1/2 cup oatmeal Fresh blueberries 1/2 cup orange juice 1/2 cup enriched soymilk
<b>Morning Snack</b>	1 apple Water
<b>Lunch</b>	2 oz turkey breast, for sandwich 1 teaspoon mayonnaise 1 slice tomato 1 lettuce leaf 2 slices milk-free whole-wheat bread 3 baby carrots 2 tablespoons hummus 1 cup enriched soymilk 1 homemade milk-free oatmeal cookie
<b>Afternoon Snack</b>	5 tortilla chips Avacado dip Water
<b>Evening Meal</b>	3 oz grilled chicken breast 1 ear of corn on the cob 1 teaspoon margarine 5 spears asparagus 1/2 cup brown rice 1/2 cup fresh strawberries 1/2 cup enriched soymilk
<b>Evening Snack</b>	1 banana, for smoothie 1 teaspoon cocoa powder, for smoothie 1/2 cup soymilk, for smoothie

## Notes