



Milk Allergy: You have 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. 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.

Label reading tips: Any of the following foods or ingredients listed on the label indicates the presence of milk protein and must be avoided.

- Butter
- Buttermilk
- Casein and caseinates
- Cheese
- Cream
- Cottage cheese
- Curds
- Custard
- Ghee
- Goat’s milk, creamers and cheeses
- Half and half
- Lactalbumins
- Lactoferrin
- Lactulose
- All forms of milk
- Nougat
- Pudding
- Recaldent
- Sour cream
- Sheep’s milk, yogurt, and cheeses
- Whey
- Yogurt

Other products that may contain milk: Check labels of the following foods and products carefully.

- Baked goods
- Calcium supplements
- Chewing gum
- Chocolates and other candy
- Dietary supplements
- Margarine
- Medications
- Non-dairy coffee creamers
- Processed meats (hot dogs and lunchmeats)

Ingredients that DO NOT contain milk protein:

- Calcium lactate
- Calcium stearoyl lactate
- Cocoa butter
- Cream of tartar
- Lactic acid
- Oleoresin
- Sodium stearoyl lactate

Nutrition Considerations: Protein, fat (especially in toddlers and young children), vitamins A, D, calcium and phosphorus need to be replaced in the diet. Below are alternative sources of these nutrients.

- **Protein:** Beans, fish, meat, poultry, soy, seeds, peanut butter, nuts, eggs
- **Fat:** Avocado, oils, dairy-free butter and margarines, nuts, seeds, meats, mayonnaise and salad dressing, nut butters, cream of coconut
- **Vitamin A:** Carrots, dark greens, pumpkin, sweet potatoes, winter squash
- **Calcium:** Calcium fortified alternative milks (soy, rice, coconut, almond, etc), calcium fortified orange juice, salmon, almonds, tofu, dark greens, orange, broccoli, white beans, sweet potato
- **Vitamin D:** Salmon, canned tuna and sardines, egg yolks, fortified milk alternatives and juices
- **Phosphorus:** Beans, biscuits, pancakes, waffles, whole wheat bread, bran cereal, nuts

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