



Milk and wheat allergies: You have been diagnosed with both a milk and wheat allergy. The only treatment for milk and wheat allergies is to strictly avoid all food products that contain milk, milk derivatives, wheat, and wheat derivatives as ingredients.

- All manufactured food products that are regulated by the Food and Drug Administration (FDA) and contain milk or wheat products as an ingredient must list the word “milk” or “wheat” on the product label.
- The United States Department of Agriculture (USDA) is responsible for regulating processed meat products such as deli meats, hot dogs, and sausages. The USDA **is not** required to list “milk” or “wheat” on their product labels even though some of these meat products may actually contain milk or wheat products or derivatives. It is important to carefully read ingredient labels of these products for their exact contents.

Label reading tips for milk: If any of the following foods or ingredients are listed on the product label, this means the product contains **milk** protein and it 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

Label reading tips for wheat: If any of the following foods or ingredients are listed on the product label, this means the product contains **wheat** or wheat ingredients and it must be avoided:

- Bulgur
- Cereal extract
- Cracked wheat
- Durum flour
- Emmer
- Einkorn
- Farina
- Farro
- Flours made from wheat (including all-purpose, bread, cake, enriched, graham, high-gluten, high-protein, pastry, and wheat)
- Kamut
- Semolina
- Spelt
- Sprouted wheat
- Triticale
- Vital gluten
- Wheat
- Wheat berries
- Wheat bran
- Wheat germ
- Wheat gluten
- Wheat malt
- Wheat starch

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

- Ale, beer
- Breads and rolls
- Battered and coated foods
- Other baked goods
- Bread crumbs
- Cereals
- Couscous
- Pancakes and waffles
- Pasta
- Tortillas (made from flour)

Ingredients that *do not* contain wheat protein*:

****Be sure to always double-check the ingredients label!***

- Almond meal
- Arrowroot
- Barley
- Buckwheat
- Chickpea flour
- Corn
- Fava bean flour
- Flaxseed meal
- Millet
- Gluten-free Oat
- Potato starch
- Quinoa
- Rice
- Rye
- Sorghum
- Soy flour
- Tapioca
- Teff

Nutrition considerations: Protein, fat (especially in toddlers and young children), vitamins A, D, and B-vitamins, calcium, phosphorus, iron and fiber need to be replaced in the diet when eliminating both milk and wheat. Below are alternative sources of these nutrients.

- **Protein:** Beans, fish, meat, poultry, soy, seeds, nut butters, nuts, eggs
- **Fat:** Avocado, oils, dairy-free butters and margarines, coconut cream, meats, mayonnaise, salad dressings, seeds, nut butters, nuts
- **Vitamin A:** Sweet potatoes, beef liver, spinach, carrots, pumpkin, cantaloupe, red peppers, mango, black-eyed peas, apricot
- **Vitamin D:** Cod liver oil, swordfish, salmon, tuna, sardines, fortified orange juice, fortified milk alternatives, egg yolks
- **Thiamin:** Fortified cereals, enriched long-grain white rice, pork chops, trout, black beans, mussels, tuna, acorn squash

- **Riboflavin:** Beef liver, fortified cereals, fortified instant gluten-free oats, beef tenderloin, clams, mushrooms, almonds, eggs, quinoa
 - **Niacin:** Beef liver, chicken breast, marinara sauce, turkey breast, salmon, tuna, pork, beef, brown rice, fortified cereals, peanuts
 - **Folate:** Beef liver, boiled spinach, black-eyed peas, fortified cereals, asparagus, Brussels sprouts, romaine lettuce, avocado, white rice, broccoli
 - **Calcium:** Calcium fortified milk alternatives (soy, rice, coconut, almond, etc.), calcium fortified orange juice, sardines, salmon, tofu, fortified cereals
 - **Phosphorus:** Salmon, halibut, turkey, chicken, beef, lentils, almonds, peanuts, eggs
 - **Iron:** Fortified cereals, oysters, white beans, beef liver, lentils, boiled spinach, firm tofu, kidney beans, sardines, chickpeas, beef, potato with skin,
 - **Fiber:** Raspberries, pears, apples with skin, green peas, broccoli, turnip greens, Brussels sprouts, potatoes with skin, sweet corn, quinoa, gluten-free oatmeal, popcorn, brown rice, split peas, lentils, black beans, baked beans, chia seeds, almonds
-

Milk and wheat-free food product alternatives: Below are some examples of food products and brands that have both milk and wheat-free options available that you can find at the grocery store or order online.

Breads/bread products, tortillas, and pastas:

- Annie's Organic Gluten Free Vegan Mac
- Daiya Cheezy Mac
- Barilla Gluten-Free Pastas
- Eden Food's Short Grain Brown Rice Flour
- Udi's bread products
- Allergaroo frozen, microwavable pasta dishes
- Orgran brand breads, pastas, and snack items
- Namaste Foods baking mixes and pastas
- Mission gluten-free or corn tortillas

- Ian's Natural Foods frozen meals and snacks
- Ener-G Foods
- Canyon Bakehouse breads
- Bob's Red Mill products and flour mixes
- Jovial gluten-free pastas and flours

Milk and dairy alternatives:

- Silk protein nut, almond, soy, cashew, or coconut milks, yogurts, and coffee creamers
- So Delicious almond, coconut, or cashew milks, dairy-free cheeses, yogurt, or coffee creamers
- Earth Balance buttery spreads or Smart Balance buttery spreads
- Daiya brand cheeses, yogurt, or cream cheese
- Follow Your Heart vegan cheese, cream cheese, or sour cream

Dessert options: *Read ingredient labels for any added ingredients that may contain wheat in ice creams like brownie bites, cookie dough, cookie pieces, etc.

- Taste the Dream ice creams
- So Delicious dairy-free ice cream
- Halo Top dairy-free
- Talenti dairy-free frozen desserts
- Ben & Jerry's dairy-free frozen desserts

Snack ideas:

- Snyder's Gluten-Free Pretzels
- Zemas Madhouse Foods cookies
- Popcorn
- Lara Bars, most flavors
- Dried fruit or fruit leather bars
- Beanfield's Chips
- 88 Acres brand granola bars

Cooking substitution tips:

Options to replace 1 tablespoon (Tbsp.) of wheat flour as a thickener:

- 1 ½ teaspoons cornstarch, potato flour, or rice starch
- 1 Tbsp. brown or white rice flour
- 2 Tbsp. quick cooking tapioca
- 2 Tbsp. tomato paste or vegetable puree

Options to replace 1 cup of wheat flour in a recipe:

- ¾ cup + 2 Tbsp. rice flour
- ½ cup potato starch flour + ½ cup soy flour
- 1 cup corn flour
- 1 scant cup fine corn meal or ¾ cup coarse corn meal
- 1 cup of gluten-free all-purpose flour

Options to replace milk-based ingredients in cooking or baking:

Milk (1 cup)

- 1 cup of milk alternative, juice, or water

Buttermilk (1 cup)

- 1 Tbsp. of vinegar (white or cider) plus milk alternative to a total volume of 1 cup. Let stand for 5 minutes or until thickened
- 1 cup of milk alternative plus 1 Tbsp. of lemon/lime juice. Let stand for 5 minutes or until thickened

Butter (1/2 cup)

- ½ cup of milk-free margarine or avocado
- ½ cup of milk-free, soy-free margarine with a low water content (usually stick instead of tub and not low fat)
- ½ cup of coconut oil
- 6 Tbsp. of applesauce plus 2 Tbsp. of vegetable oil
- 6 Tbsp. of pureed pumpkin or milk-free, wheat-free oil

Yogurt (1 cup)

- 1 cup of applesauce or other fruit puree
- 1 cup of milk-free, wheat-free yogurt alternative

Helpful websites and resources:

- **Kids with Food Allergies:** A search engine to find recipes that are free of certain allergens like wheat and milk:
<https://www.kidswithfoodallergies.org/page/recipes-diet.aspx>
- **Food Allergy Research and Education (FARE):** A search engine to find foods and restaurants that are allergen-free near a certain address or city:
www.safefare.org
 - **“Avoiding Cross-Contact” (FARE)-** helpful information for avoiding cross-contact of allergens: <https://www.foodallergy.org/life-with-food-allergies/living-well-everyday/avoiding-cross-contact>
- **Find Me Gluten Free:** A search engine to find foods and restaurants that are allergen-free near a certain address or city: www.findmeglutenfree.com
- **Gluten Free on a Shoestring:** A website for gluten-free recipes; contains a “vegan” section for recipes that are milk-free and wheat-free:
<https://glutenfreeonashoestring.com/category/vegan/>
- **Fork and Beans:** A website that contains a variety of recipes that are milk-free and wheat-free: <https://www.forkandbeans.com/>

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Authors: Kiersten Waino, RD, CSP, Alicia Christians, Dietetic Intern, and Elizabeth Hudson, MPH, RD, CNSC

Patient Education by [Michigan Medicine](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last Revised 04/2019