

FAIRFIELD COUNTY ALLERGY, ASTHMA & IMMUNOLOGY ASSOCIATES, P.C.

ADULT AND PEDIATRIC ALLERGY, ASTHMA AND CLINICAL IMMUNOLOGY

DIPLOMATES OF THE AMERICAN BOARD OF ALLERGY & IMMUNOLOGY

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MILK FREE DIET

Avoid foods that contain any of these ingredients:

- Artificial butter flavor
- Butter, butter fat, buttermilk
- Casein, caseinates (ammonium, calcium, magnesium, potassium, sodium)
- Cheese, cottage cheese
- Cow's milk
- Cream
- Curds
- Custard, Pudding
- Ghee
- Half & Half[®]
- Hydrolysates (casein, milk protein, protein, whey, whey protein)
- Lactalbumin
- Lactoglobulin
- Lactose (chemical grade lactose is acceptable)
- Milk (derivative, protein, solids, malted, condensed, evaporated, dry, whole, low-fat, non-fat, skimmed)
- Milk chocolate
- Non-dairy creamer (check for casein)
- Nougat
- Rennet casein
- Sour cream, sour cream solids, sour milk solids
- Whey (delactosed, demineralized, protein concentrate)
- Yogurt

Label ingredients that MAY indicate presence of milk protein:

- Brown sugar flavoring
- Caramel color or flavoring
- Chocolate
- High protein flour (protein source may be skim milk powder)
- Margarine
- Natural flavoring
- Simplese[®]

(continued)

Noteworthy

- Food companies continually change product recipes so continue to read all labels.
- If you have a question on a specific food, call the manufacturer.
- A “D” on the front of a product label next to a “K” or “U” in a circle indicates the presence of milk protein. The ingredient list does not always list the milk source. Some non-dairy products contain casein and can cause a reaction.
- If label says "all natural ingredients", the product may contain milk protein. “Parve” or “pareve” means a product is kosher and does not contain milk, but you must still check the ingredient list.
- Simplesse[®] is used as a fat substitute in ice cream and frozen desserts and is made from either egg or milk protein.

Other hints on what to avoid and milk-free suggestions

- **ALWAYS** read labels. **ALWAYS** ask about ingredients in restaurants, bakeries, etc. **ALWAYS** call the company if you have a question (they will be most accommodating if you tell them you have a milk allergy). **WHEN IN DOUBT: DO NOT EAT IT!**
- Avoid all dairy products, including those listed above, cheese ice cream, sherbet, etc. A large proportion of cow’s milk-allergic people are also allergic to goat’s milk.
Suggestions: Soy products, soy cheese, Tofutti[®] products, and MOST kosher and some other margarines. Other acceptable sources of fat include animal fat and vegetable oils, and mayonnaise.
- Delicatessen and packaged meats often contain whey/casein in *the brines* that surround the meat in prepackaged products. There can also be cross-contamination from other meat/cheese products when sliced. Tuna fish in water may contain milk protein.
Suggestions: Plain beef, poultry, fish, pork, lamb, kosher franks and cold cuts, tofu, peanut butter, eggs
- Many packaged entree, vegetable, and salad mixes contain milk products. Many breads, cereals, and other grain products are made with milk proteins.
Suggestions: All fresh fruits, vegetables, grains and potatoes. All prepackaged fruits, vegetables, potatoes, pasta, and rice EXCEPT those to which casein or other milk products are added. All cereals and bakery products that are made without milk or milk proteins.
- Certain vitamin and mineral supplements, as well as some prescription and over-the-counter medications, contain lactose as a filler. Please consult with a doctor or pharmacist for specific information and safety recommendations.