

# 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 milk 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 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.*

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

FOOD GROUP	RECOMMENDED FOODS
<b>Milk and Milk Foods</b>	NONE
<b>Meat and Other Protein Foods</b>	<ul style="list-style-type: none"> <li>• All fresh or frozen meats (beef, veal, pork, lamb) or poultry</li> <li>• Fresh, frozen, or canned shellfish</li> <li>• Eggs</li> <li>• Dried beans and peas</li> <li>• Nuts and seeds</li> <li>• Processed meats and luncheon meats without milk ingredients</li> </ul>
<b>Grains</b>	<ul style="list-style-type: none"> <li>• Breads</li> <li>• Other baked goods (brownies, cakes, cookies, muffins, etc.)</li> <li>• Cereals</li> <li>• Crackers</li> <li>• Noodles/pasta</li> <li>• Pancakes</li> <li>• Pretzels</li> <li>• Rice</li> <li>• Rolls</li> <li>• Tortillas</li> <li>• Waffles</li> <li>• Other grain foods made without milk ingredients</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• All fresh, frozen or canned fruits prepared without milk ingredients</li> <li>• 100% vegetable juices</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>• All fresh, frozen or canned fruits prepared without milk ingredients</li> <li>• 100% fruit juices</li> </ul>

FOOD GROUP	RECOMMENDED FOODS		
<b>Fat and Oils</b>	<ul style="list-style-type: none"> <li>• Margarine made without milk or milk ingredients</li> <li>• Gravies and sauces made without milk or milk ingredients</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable oil</li> <li>• Vegetable oil spray made without milk or milk ingredients</li> </ul>	<ul style="list-style-type: none"> <li>• Salad dressings and mayonnaise made without milk or milk ingredients</li> </ul>
<b>Beverages</b>	<ul style="list-style-type: none"> <li>• Alternative enriched "milk" beverages (such as those made from soy, rice, oat or hemp)</li> </ul>	<ul style="list-style-type: none"> <li>• Commercial soy infant and toddler formulas</li> </ul>	<ul style="list-style-type: none"> <li>• Hypoallergenic commercial infant and toddler formulas</li> </ul>
<b>Other</b>	<ul style="list-style-type: none"> <li>• Cocoa butter</li> <li>• Coconut milk</li> <li>• Calcium lactate</li> <li>• Oleoresin</li> <li>• Cream of tartar</li> <li>• Lactic acid (although lactic acid starter culture may contain milk)</li> </ul>	<ul style="list-style-type: none"> <li>• Pepper and salt</li> <li>• Herbs and spices</li> <li>• Mustard, ketchup and relish</li> <li>• Soups and casseroles made without milk ingredients</li> <li>• Flavoring extracts</li> </ul>	<ul style="list-style-type: none"> <li>• Gelatin</li> <li>• Honey</li> <li>• Jam, jelly, marmalade and preserves</li> <li>• Sugar</li> <li>• Maple syrup</li> </ul>

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		
<b>Milk and Milk Products</b>	<ul style="list-style-type: none"> <li>• All types of milk (including whole, reduced-fat, low-fat, fat-free, powdered, condensed, evaporated)</li> <li>• Butter, butter fat, butter solids</li> <li>• Buttermilk</li> <li>• Cheese (all forms) and cheese flavor</li> <li>• Cream (heavy, light, sour, whipping, whipped)</li> <li>• Half and half</li> <li>• Custards</li> </ul>	<ul style="list-style-type: none"> <li>• Ghee</li> <li>• Ice cream</li> <li>• Pudding</li> <li>• Yogurt</li> </ul> <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> </ul>	<ul style="list-style-type: none"> <li>• Lactalbumin, lactalbumin phosphate, lactoglobulin, lactoferrin</li> <li>• Milk derivative 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>

FOOD GROUP	FOODS NOT RECOMMENDED		
<b>Meat and Other Protein Foods</b>	<ul style="list-style-type: none"> <li>Any fresh or frozen meats (beef, veal, pork lamb) or poultry prepared with a milk ingredient</li> <li>Fish, shellfish, and canned fish with a milk ingredient</li> </ul>	<ul style="list-style-type: none"> <li>Eggs prepared with a milk ingredient</li> <li>Dried beans, peas, soy foods, nuts or seeds with a milk ingredient</li> </ul>	<ul style="list-style-type: none"> <li>Processed meats and luncheon meats with a milk ingredient</li> </ul>
<b>Grains</b>	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		
<b>Vegetables</b>	All fresh, frozen or canned vegetables prepared with milk ingredients		
<b>Fruits</b>	All fresh, frozen or canned vegetables prepared with milk ingredients		
<b>Fat and Oils</b>	<ul style="list-style-type: none"> <li>Butter</li> <li>Margarines with milk ingredients</li> </ul>	<ul style="list-style-type: none"> <li>Gravies or sauces made with milk ingredients</li> </ul>	<ul style="list-style-type: none"> <li>Salad dressings made with milk ingredients</li> </ul>
<b>Beverages</b>	All forms of cow's milk		
<b>Other</b>	<ul style="list-style-type: none"> <li>Goat's milk</li> <li>Sheep's milk</li> <li>Other mammalian milks and their products</li> </ul>	<ul style="list-style-type: none"> <li>Recaldent (an ingredient in whitening chewing gum)</li> </ul>	<ul style="list-style-type: none"> <li>Simplese (a fat substitute)</li> </ul>

## Sample 1-Day Menu

This menu is designed for a 6- to 8-year-old child. Ask a registered dietician whether this menu is right for your child.

<b>Breakfast</b>	<ul style="list-style-type: none"><li>• ½ cup oatmeal</li><li>• ½ cup enriched soy “milk” beverage</li><li>• Fresh blueberries</li><li>• ½ cup orange juice</li></ul>
<b>Snack</b>	<ul style="list-style-type: none"><li>• Apple</li><li>• Water</li></ul>
<b>Lunch</b>	<ul style="list-style-type: none"><li>• Turkey sandwich: 2 ounces turkey breast, 1 teaspoon mayonnaise, 1 slice tomato, lettuce, 2 slices milk-free whole wheat bread</li><li>• 3 baby carrots with 2 Tbsp. hummus dip</li><li>• 1 cup enriched soy “milk” beverage</li><li>• 1 homemade milk-free oatmeal cookie</li></ul>
<b>Snack</b>	<ul style="list-style-type: none"><li>• 5 tortilla chips with avocado dip</li><li>• Water</li></ul>
<b>Dinner</b>	<ul style="list-style-type: none"><li>• 3 ounces grilled chicken breast</li><li>• Corn on the cob with 1 teaspoon milk-free margarine</li><li>• 5 spears grilled asparagus with olive oil and garlic</li><li>• ½ cup brown rice</li><li>• ½ cup fresh strawberries with 1 Tbsp. powdered sugar</li><li>• ½ cup enriched soy “milk” beverage</li></ul>
<b>Snack</b>	<ul style="list-style-type: none"><li>• Enriched soy smoothie: 4 ounces soy “milk” beverage, 1 banana, 1 teaspoon milk-free cocoa powder</li></ul>