

## Dairy free diet

A milk allergy is due to an immune reaction to milk proteins. Treatment of a milk allergy means eliminating all milk and milk products from your diet. An individual with an allergy to milk needs to avoid liquid milks, fermented milks and solid milks.

### Avoid the following☒

Acidophilus milk  
Artificial butter milk  
Artificial butter flavor  
Butter  
Butter fat  
Butter oil  
Buttermilk  
Caramel candy  
Carob candies  
Casein  
Casein hydrolysate  
Caseinates (ammonium, calcium, magnesium, potassium, sodium)  
Cheese  
Chocolate  
Cottage cheese  
Cream  
Creamed candies  
Curds  
Custard  
Eggnog  
Ghee

Half & half  
Hydrolysates (casein, milk protein, protein, whey protein)  
Ice cream  
Ice milk  
Imitation milk  
Lactalbumin  
Lactalbumin phosphate  
Lactoglobulin  
Lactose  
Lactulose  
Milk (derivative, solids, malted, chocolate, condensed, evaporated, dry, whole, low-fat, non-fat, skim and milk from animals, including goats, sheep, cows, etc.)  
Nougat  
Pudding  
Quark (European cheese)  
Rennet casein  
Semi-sweet chocolate  
Sherbet  
Sour cream

Sour cream dressings  
Sour cream solids  
Sour milk solids  
Whey (in all forms including sweet, delactosed, protein concentrate)  
Whipping cream  
Yogurt (frozen & regular)

### The following foods may contain milk proteins☒

Caramel flavorings  
Bavarian cream flavorings  
Coconut cream flavorings  
Brown sugar flavorings  
Natural flavorings  
Simplese®  
Hot dogs  
Luncheon meats  
Sausages  
Margarine  
High protein flour

Kosher symbols on food labels can be used to determine the presence of milk. The letter “D” next to a kosher symbol means the product contains dairy. The letters “DE” stand for dairy equipment. This means the product was produced on equipment shared by dairy. These symbols can usually be found near the product name.

Avoid deli meats because slicers are frequently used to cut both meat and cheese products. Some deli meats contain milk.

### **Milk substitutes that can be used in meals and recipes:**

Soy milk

Mocha mix

Rice Dream

Coconut milk

Nut milks

Whey-free margarine

Non-dairy creamers

Non-dairy toppings

Soybean curd, tofu

Milk is a great source of important nutrients like calcium, vitamin A, vitamin D, riboflavin and pantothenic acid. There are milk substitutes on the market that are fortified or enriched with the nutrients found in milk. These include soy, potato

and rice milk. There are also sources of calcium found in tofu, calcium-fortified orange juice and calcium-fortified cereal products.

Non-milk sources of riboflavin and pantothenic acid include meats, legumes (beans, peas, soy, peanuts), nuts and whole grains. Milk provides vitamin D, which is needed for calcium to be absorbed. Vitamin D can be found in foods like liver and egg yolk, but the best source is from sunlight exposure to the skin.

### **Cross contamination**

Cross contamination occurs when a food comes in contact with another food and trace amounts mix with each other. These small amounts can be enough to cause an allergic reaction. Cross contamination can occur during processing, at the store, or in the kitchen. Be sure to use clean utensils between “safe” and “unsafe” foods during cooking and meal preparation. Designate different shelves and places in the refrigerator for “safe” foods. At restaurants, ask about ingredients and food preparation before you order.

If you have questions about a food ingredient, call the manufacturer at the phone number listed on the label. Ask specific questions to get the answers you need.