

## **What to eat while breastfeeding when your baby has a cow's milk protein allergy**

---

### **What is a cow's milk protein allergy (CMPA)?**

Your baby has an allergy to proteins that are found in cow's milk. This is called a Cow's Milk Protein Allergy (CMPA) or Cow's Milk Colitis. Cow's milk proteins (CMPs) are harmful to your baby. They may cause symptoms like:

- colic or irritability
- runny nose
- cough or wheezing
- diarrhea
- bloody stool (pooh)
- vomiting
- swollen lips/eyelids
- rash

To prevent your baby from having these symptoms again, you will need to avoid all CMPs from your diet while breastfeeding.

---

## **I haven't changed my diet yet, is it safe to breastfeed?**

CMPs from the food you eat will end up in your breast milk. How long they stay in your milk depends on many things. Your doctor or dietitian may ask you to pump and dump your breast milk for 24 hours after starting a CMP free diet.

## **Will my baby outgrow a CMPA?**

About 1 out of 2 babies who have a CMPA will out grow their allergy by 1 year of age. In babies who still have a CMPA at one year of age, 8 out of 10 of these babies will outgrow their allergy by 3 years of age.

## **What foods should I avoid while breastfeeding?**

You need to avoid milk and other dairy products in your diet. You will also need to avoid soy and soy bean products. Babies with a CMPA are at a higher risk for having or developing a soy allergy.

See the chart on pages 5 to 7 for a list of foods you can or cannot eat.

Sometimes it is hard to tell if foods have CMP or soy in them, so you will need to read the label for any of the ingredients listed on the next page.

---

### Avoid foods that contain these CMP ingredients:

<ul style="list-style-type: none"> <li>• Milk</li> <li>• Milk derivatives (solids, malted, evaporated, dried)</li> <li>• Creams</li> <li>• Skim milk powder</li> <li>• Buttermilk</li> <li>• Evaporated milk</li> <li>• Condensed milk</li> <li>• Dry milk solids</li> <li>• Non-fat dairy (skim, non fat, low fat)</li> <li>• Yogurt</li> <li>• Butter</li> </ul>	<ul style="list-style-type: none"> <li>• Butter fat</li> <li>• Artificial butter flavour</li> <li>• Margarine</li> <li>• Sour cream</li> <li>• Sour cream solids</li> <li>• Sour milk solids</li> <li>• Cheese</li> <li>• Cream cheese</li> <li>• Curds</li> <li>• Kefir</li> <li>• Ghee</li> <li>• Diacetyl</li> <li>• Lactose</li> <li>• Lactalbumin</li> <li>• Casein</li> </ul>	<ul style="list-style-type: none"> <li>• Caseinates (sodium, calcium etc)</li> <li>• Whey (delactosed, demineralized, protein concentrate)</li> <li>• Milk chocolate</li> <li>• Nougat</li> <li>• Custard</li> <li>• High protein flour</li> <li>• Simplesse</li> <li>• Brown sugar flavouring</li> <li>• Caramel flavouring</li> </ul>
--	---	---

### Avoid foods that contain these Soy ingredients:

<ul style="list-style-type: none"> <li>• Edamame</li> <li>• Emulsifiers</li> <li>• Glycine max</li> <li>• Hydrolyzed plant protein (HPP)</li> <li>• Hydrolyzed vegetable protein (HVP)</li> <li>• Kinako</li> <li>• Kouridofu</li> <li>• Kyodofu</li> <li>• Lecithin</li> <li>• Miso</li> <li>• Mono-diglyceride</li> <li>• Monosodium glutamate (MSG)</li> </ul>	<ul style="list-style-type: none"> <li>• Natto</li> <li>• Nimame</li> <li>• Okara (soy pulp)</li> <li>• Shortening/starch/gum</li> <li>• Shovu</li> <li>• Shoyu sauce</li> <li>• Sobee</li> <li>• soya/soja</li> <li>• Soy protein</li> <li>• Soy isolate</li> <li>• Sprouts (if source is not listed)</li> <li>• Stabilizers</li> <li>• Supro</li> </ul>	<ul style="list-style-type: none"> <li>• Tamari</li> <li>• Tempeh Textured soy powder (TSF)</li> <li>• Textured soy protein (TSP)</li> <li>• Textured vegetable protein</li> <li>• Tofu</li> <li>• Vegetable protein/paste/broth</li> <li>• Yakidofu</li> <li>• Yuba</li> </ul>
---	---	---

Note: Soy lecithin and refined soybean oil do not contain soy proteins. Talk to your doctor or dietitian to find out if these foods are safe for you to eat.

## How can I tell if foods have these ingredients?

Read all the labels for the foods you eat for any ingredients from page 3.

Avoid foods without an ingredient list or call the manufacturer to be sure.

Always ask the person who prepared the food for exactly what was added in cooking.

## How do I read food labels?

You will need to read the entire ingredient list for items from the CMP list above. Below is an example of 2 labels for frozen pizzas. The ingredients that contain CMPs are circled.



### Okay

Ingredients
(Vegan) Organic unbleached wheat flour with organic wheat germ and organic wheat bran, organic onions, filtered water, artichokes, extra virgin olive oil, organic roasted red peppers, organic shiitake mushrooms, organic agave nectar, balsamic vinegar, sea salt, organic tomato puree, expeller pressed high oleic safflower and/or sunflower oil, organic evaporated cane juice, organic garlic, organic lemon juice, yeast, spices*, black pepper. Contains wheat.
*100% pure herbs & spices (no hidden ingredients)



### Not Okay

Ingredients
Enriched wheat flour, water, vegetable oil, yeast (contains potato starch), salt, sugar, wheat starch, cherry tomatoes, green, red and yellow bell peppers, pickled chili peppers (chili peppers, water, vinegar, salt, citric acid, ascorbic acid, calcium chloride), red onion, spices, tomato puree, water, <u>sour cream</u> , olive paste (olives, salt, vegetable oil, water, lactic acid), sugar, salt, vegetable oil, spices, modified corn starch, garlic powder, chili peppers, hydrolyzed canola and corn protein, tomato paste, <u>glucose solids</u> , vinegar, palm oil, <u>caramel colour</u> , rice flour, lemon juice, spice extract, citric acid, <u>Mozzarella Cheese</u> (milk, salt, calcium chloride, microbial enzyme, bacterial culture)

## Foods to include and avoid

	<b>Include (without CMPs and soy)</b>	<b>Avoid (with CMPs and soy)</b>
Beverages	Fresh, frozen or canned fruit beverages without CMP ingredients  Coffee or tea without milk  Rice or almond milk	Milk or beverages prepared with milk  Soy milk  Coconut or hemp milks that contain gums
Breads	Homemade bread, pancakes, muffins made without milk or soy products  Commercial breads if ingredients list is CMP and soy free	Commercial breads, pancakes, muffins, crackers that contain CMP or soy ingredients
Cereals	Any cereal which is CMP and soy free	Cereals with added milk products or containing soy ingredients
Cheese	None	Cheese products including those made with soy
Eggs	Any style of eggs cooked without added milk products	Eggs cooked with added milk products
Potatoes, Rice and Pasta	Any plain potatoes or potatoes with CMP free margarine  Pasta without sauces made from CMP ingredients  Rice made without butter or CMP ingredients  Plain chips	Scalloped or mashed potatoes made with milk products or cheese, instant potatoes  Pasta in cream, butter, cheese or milk sauces  Rice with added CMP ingredients  Flavoured chips

(continued on pages 6 and 7)

## Foods to include and avoid

	<b>Include (without CMPs and soy)</b>	<b>Avoid (with CMPs and soy)</b>
Soups	Broth based soups	Cream or milk bases soups  Soups with soy products
Fats	CMP and soy free margarines  Lard, chicken, and beef fat  Vegetable and plant oils  Homemade Salad dressings or oil and vinegar salad dressings that are CMP free	Butter and most margarines  Cream cheese or sour cream  Salad dressings containing CMP ingredients
Fruit	Fresh, frozen, dried, or canned fruits served without milk and milk products	Fruit served with or in dairy products
Vegetables	Fresh, frozen, dried or canned vegetables prepared without the addition of milk products	Creamed, scalloped, or casseroles made with added milk and milk products
Meats, Fish and Poultry and Alternatives	Fresh, frozen or canned meats that do not contain milk or milk products  Meats, chicken or fish with homemade breading  Some canned tuna contains casein, see CMP free product section  Legumes and beans (except soy)	Commercially prepared meats like weiners, sausages, meat loaves, and bologna if made with milk protein  Frozen fish or chicken that is breaded  Meat or chicken stuffed with cheese or milk products  Tofu and soy beans

	<b>Include (without CMPs and soy)</b>	<b>Avoid (with CMPs and soy)</b>
Sweets	Sugar, honey, molasses, syrup, jam, jellies, preserves, hard candies (homemade or those made without CMP ingredients)	Chocolate  Candies made with CMP ingredients  Toffee or creamy candies
Desserts	Plain or flavoured gelatins and meringues  Cookies, pie crusts, and puddings made without CMP ingredients  Popsicles and CMP free sorbets	Cakes, cookies, or pies made with CMP ingredients  Nougat, caramel, yogurt, custard, mousse, ice cream and some sorbets
Miscellaneous	Homemade gravies or sauces that are CMP free  Spices, pickles, ketchup, mustard, relish, herbs  Plain popcorn  Artificial coffee cream and whip creams	Gravies made with CMP products, cheese sauces, hollandaise  Microwave popcorn with butter flavouring  Real whipping cream

**This table is only a guide, always check the labels first!**

## What about cooking and baking?

- Use CMP free margarine or vegetable oil in place of regular margarine or butter.
- Use rice or almond milk or a non dairy creamer in place of regular milk or cream in a recipe.
- Baked products made without milk may take longer to bake in the oven and may not brown as much.
- If you are following a recipe that calls for a small amount of milk, you may add the same amount of any of these:
  - vegetabes
  - lemon juice
  - coffee
  - water
  - fruit juice
  - meat stock
  - potato water

For example, if a gravy recipe calls for  $\frac{1}{4}$  cup of milk, you could add  $\frac{1}{4}$  cup of water from boiled potatoes instead of the milk.

---



## Can I still eat out at restaurants?

Yes, but you need to be very careful about choosing items from the menu. Follow these tips to help you follow the CMP free diet while dining out.

Choose	Avoid
<ul style="list-style-type: none"><li>• Plain cuts of meat without breading or batter</li><li>• Vegetables baked or sauteed in oil</li><li>• Unbuttered vegetables</li><li>• Oil and vinegar salad dressings</li></ul>	<ul style="list-style-type: none"><li>• Hamburgers or meatballs as they may contain breadcrumbs with CMP ingredients</li><li>• Hotdogs, sausages, lunch meats as they usually contain milk products</li><li>• Sauces and gravies unless you know they are dairy free</li><li>• Salad dressings unless you know they are CMP free</li></ul>

Always let the server know that you must avoid foods with CMPs and soy. Ask the server to confirm CMP free foods with the chef.

## What about foods that could be contaminated?

Cross-contamination is when foods that are CMP and soy free become mixed accidentally with foods that contain CMPs and soy.

Examples where cross contamination can happen are:

1. Sliced meats at the deli (slicers may be used for cheese products).
2. Serving utensils at a buffet or dinner table.
3. Bulk food bins.
4. Food manufacturing plants.

## What can I have instead of milk and milk products to get enough protein?

Protein is an important part of a healthy diet while you are breastfeeding. Eating enough protein will help you stay healthy, maintain and repair your muscles, and make a healthy milk supply for breastfeeding.

While milk, cheese, yogurt, and other milk products provide many nutrients and are a good source of protein, you must avoid these while breastfeeding.

You can drink milk alternatives such as rice, almond, or alternative milks but they have much less protein than cow or soy milk

Example: 1 cup skim milk = 9 grams protein  
1 cup almond milk = 1 gram protein

Other sources of protein that are safe for you to eat are: meat, chicken or turkey, fish, eggs, and legumes (except soy beans).

Most of us get more than enough protein in our diet from these sources, however if you are unsure about your protein intake ask your dietitian.

You may need to add 1 to 2 extra servings of higher protein foods if you do not get enough protein from your diet. The following servings count as 1 serving of protein:

- 2 eggs
  - 3 oz of beef or pork
  - 3 oz of chicken or turkey
  - 1/4 cup nuts (no soy nuts)
  - 3 oz of fish
  - 3/4 cup of legumes
  - 1/4 cup of hummus
  - 2 tbsp peanut butter (without added CMP or soy)
-

## How do I get enough calcium?

Calcium is an important mineral that is needed for maintaining healthy bones, nails, and muscles. If there is not enough of this mineral in your diet, your body will use the calcium from your bones to make breast milk. To get enough calcium in your diet choose:

- Milk alternatives (like rice or almond milk) that are enriched with calcium and other nutrients.  
Remember, soy milk is not a good choice since your baby may be at higher risk for developing an allergy to soy.
- Other sources of calcium such as broccoli, green leafy vegetables, dates, scallops, oysters, and salmon or sardines with bones
- Juices that are fortified with calcium. Be sure to check the ingredient list for milk products.

You may need a calcium supplement to ensure you are getting enough calcium while breastfeeding. Breastfeeding mothers need between 1000 to 1300 mg of calcium. Ask your dietitian if you need extra calcium and how much you should be taking. You may need a calcium supplement like Calcium Carbonate.

Calcium Carbonate is a supplement that you can take with food. As always, you will need to check the label for CMP and soy ingredients that may be added for packaging, taste or colour. Your body can only absorb 500 mg of calcium at a time. If you are taking more than that in a supplement, it is best to take half in the morning and the rest in the evening in order to give your body a chance to absorb the most from your supplement.

## **What about Vitamin D?**

Continue to give your baby vitamin D supplements as they do not usually contain CMPs. Check the ingredients on the label to be sure. Vitamin D is also safe for you to take and it may help your body absorb more calcium.

## **The CMP free diet seems like a lot of work, is it worth it?**

Following a CMP free diet may take some getting used to, but it is well worth it!

Experts agree that breast milk is best for your baby's health and development. It also may reduce the risk that your baby will develop other allergies.

## Shopper's guide for a cow's milk protein and soy free diet

Milk Alternatives	
Rice milk	<ul style="list-style-type: none"> <li>• Ryza (Enriched Original and Vanilla)</li> <li>• Rice Dream (Enriched Vanilla and Original)</li> <li>• Natura Rice Beverage (Original and Vanilla)</li> </ul>
Almond milk	<ul style="list-style-type: none"> <li>• PC Organics unsweetened almond beverage (original or vanilla)</li> <li>• Blue Diamonds Almond Milk</li> </ul>

Cereals	
Cold cereals	<ul style="list-style-type: none"> <li>• Kellogg's (Frosted Flakes, Mini Wheats, Special K, Raisin Bran)</li> <li>• General Mills (Honey Nut Cheerios)</li> <li>• Post (Shreddies)</li> <li>• Nature's Path (Rice Puffs)</li> </ul>
Hot cereals	<ul style="list-style-type: none"> <li>• PC Blue Menu (100% Whole Grain Steel Cut Oats)</li> </ul>

Breads and Crackers	
Bread	<ul style="list-style-type: none"> <li>• Little Streams Bakery (spelt hemp bread and brown rice loaf)</li> <li>• Sasha Co. (spelt bread, multigrain bread and spelt raisin bread)</li> <li>• Sticklings (European rye bread)</li> </ul>
Buns	<ul style="list-style-type: none"> <li>• PC Thins Multigrain buns</li> </ul>
Pitas	<ul style="list-style-type: none"> <li>• Pita Break (organic whole wheat and multigrain)</li> <li>• Pita Gourmet (white minis and high protein pita pockets)</li> </ul>

<b>Breads and Crackers (continued)</b>	
Breadcrumbs	<ul style="list-style-type: none"><li>• Sasha Co. (Spelt breadcrumbs)</li></ul>
Crackers	<ul style="list-style-type: none"><li>• President's Choice (salted tops soda crackers)</li><li>• Hot Kid (rice crisps)</li><li>• Town Square (black sesame crackers)</li></ul>

<b>Soups</b>	
Soups	<ul style="list-style-type: none"><li>• Primo (Hearty Chicken)</li><li>• PC Blue Menu (Minestrone and Roasted Red Pepper ready to serve soups)</li><li>• Baxter's Favorites (chicken and vegetable soup)</li></ul>

<b>Pastas and Sauces</b>	
Pasta	<ul style="list-style-type: none"><li>• Unico (Pastas)</li><li>• Barilla (Pastas)</li><li>• Catelli (Smart and Healthy Harvest)</li></ul>
Pasta sauces	<ul style="list-style-type: none"><li>• Healthy Choice (Garlic and Fine Herbs Tomato Sauce)</li><li>• Ital Pasta (Original Pasta Sauce)</li><li>• President's Choice (Fire Roasted Tomato)</li></ul>

<b>Canned Fish</b>	
Tuna	<ul style="list-style-type: none"><li>• Cloverleaf (solid white tuna in water and chunk white tuna in water)</li><li>• Aurora (solid light tuna in oil)</li></ul>
Salmon	<ul style="list-style-type: none"><li>• Cloverleaf (atlantic salmon)</li><li>• GoldSeal (pink salmon)</li></ul>

<b>Peanut Butter</b>	
Peanut butter	<ul style="list-style-type: none"><li>• Kraft (Naturals - crunchy or smooth)</li><li>• PC Blue Menu (Just Peanuts or Just Almonds)</li></ul>

<b>Margarines</b>	
Margarine	<ul style="list-style-type: none"><li>• Earth Balance (“soy free” buttery spread)</li></ul>

<b>Snacks and Desserts</b>	
Popcorn	<ul style="list-style-type: none"><li>• PC Organics (Natural Flavour popping corn)</li><li>• PC Blue Menu (Natural Flavour microwave popping corn)</li></ul>
Chips	<ul style="list-style-type: none"><li>• Lays (classic)</li><li>• Tostitos (scoops or multigrain)</li><li>• Terra (Terra sticks vegetable chips)</li><li>• Boulder Cannon (rice &amp; bean and hummus &amp; sesame chips)</li></ul>
Desserts	<ul style="list-style-type: none"><li>• No Name Brand (angel food cake mix)</li><li>• Jello (cooked puddings - except for chocolate)</li></ul>
Cookies	<ul style="list-style-type: none"><li>• Sasha Co. (spelt lemon snaps and ginger snaps)</li></ul>

<b>Mixed Dishes</b>	
Pizza	<ul style="list-style-type: none"><li>• Amy’s (roasted vegetables no cheese pizza)</li><li>• PC Blue Menu (tex mex chicken frozen meal)</li></ul>



At the time of publication these products were CMP and soy free.

Always check labels to be sure.