

Milk and dairy free diet

Why does my child need to follow a milk and dairy free diet?

Your child has an allergy to milk and dairy products and their ingredients.

An allergic reaction to milk and dairy can be life threatening for your child. A severe allergic reaction is called an anaphylaxis.

Symptoms include:

- hives
- swelling of the lips, tongue or throat
- loss of consciousness
- vomiting and diarrhea
- shortness of breath



Avoiding milk and dairy products, and their ingredients is the only way to prevent an allergic reaction.

Avoiding visible milk and dairy products is generally not that hard to do. However, you may not be aware of the kinds of foods that contain milk and dairy products, and their ingredients. This handout will help you choose foods that are safe for your child.

Follow this diet only if your child's allergy to milk and dairy has been confirmed by a doctor. Your child must be followed by a doctor or dietitian when beginning this diet to ensure a balanced diet.

How do I know if a food contains milk, dairy products or their ingredients?

To find out if a food contains milk, dairy products or their ingredients, you will need to:

1. Read the labels of all products you use.
2. Check the ingredient list. Milk is one of the top allergens in Canada, so food products must be labelled clearly if they contain milk. If a food contains milk as an ingredient, there will be a warning statement in bold that looks like this – **CONTAINS: MILK**.
3. Milk can be found in the ingredient list as other words. See the list below for some other words that means the food contains milk ingredients.

Avoid products that contain:

- Milk
- Skim milk
- Buttermilk
- Cream
- Evaporated milk
- Condensed milk
- Butter
- Whey
- Skim milk solids
- Curds
- Margarine
- Lactose
- Caseinate
- Lactalbumin
- Cheese
- Dry milk solids
- Non-fat dairy
- Casein
- Yogurt
- Sour cream



Be cautious. Any food that does not have an ingredient list may contain milk or dairy. Avoid these foods to be safe or call the manufacturer to get the ingredient list.

What about foods that could be contaminated with milk, dairy products or their ingredients?

Some foods may not originally contain milk, dairy products or their ingredients but could become contaminated at the point of sale. An example is purchasing sliced meats at the deli.



Avoid purchasing meat from the deli at the grocery store as the meat slicers are frequently used for both meat and cheese products.

Tips for cooking and baking

- Use milk-free margarine or vegetable oil instead of regular margarines and butters.
- Substitute a soy based milk or formula, or a non-dairy creamer for the regular milk in a recipe.
- Substitute one of the following for milk if only a small amount is needed:
 - water
 - fruit juice
 - meat stock
 - potato water
 - vegetable water
 - lemon juice
 - coffee
- Baked products made without milk may need to bake longer. They may not be as brown as a similar product containing milk.

Can my child still eat out at restaurants?

Yes, your child can still eat at restaurants, but follow these guidelines to make certain he or she does not eat any products containing milk or dairy ingredients.

Choose ...	Avoid ...	Ask for ...
<ul style="list-style-type: none"> • plain meats without breading or batter • oil and vinegar salad dressings 	<ul style="list-style-type: none"> • hamburger patties as breadcrumbs containing milk may have been added • luncheon meats, hotdogs, and sausages as they often contain milk products • sauteed and fried foods as butter may have been used • sauces and gravies unless you know they are dairy-free • salad dressings unless they are milk-free 	<ul style="list-style-type: none"> • unbattered vegetables



When eating foods prepared by others, always ask the person who made the food whether there are milk, dairy products or their ingredients in it.

What can my child have instead of milk and milk products to get enough calcium?

Canada's Food Guide lists fortified soy beverage as the only alternative to milk. Soy beverage is the alternative because it has similar amounts of protein and is enriched with calcium and vitamin D to match the levels in milk. Examples include Vitasoy™, Edensoy™, SoNice™ and Soy Dream™.

There are many other alternative plant-based “milk” beverages available, but they **DO NOT** have enough protein or fat. Some are also **NOT** fortified with calcium and vitamin D. Examples include rice, almond, hemp, coconut and oat beverages.

Also look for calcium fortified juices and cereals that do not contain milk products.

If these calcium enriched or fortified products are not part of your diet, ask your doctor about a calcium supplement.

Other resources

Some handouts are available at our resource centre. Please ask your health care provider for more information.

- Cooking for the Allergic Child
by Judy Moyer
Collegiate Pride Inc.
Publishing Division
State College, PA
1-814-237-4377
- Food Allergy Canada
500 Consumer Road
Suite 507
Toronto, Ontario
1-866-785-5600
<http://foodallergycanada.ca/>
- www.kingsmillfoods.com
- www.kinnikinnick.ca
- www.elpeto.com

Milk and Dairy Free Diet

Note: Check the labels of the foods in the “**Foods Safe to Eat**” list before you consider eating or drinking them.

Foods Safe to Eat	Foods <u>Not</u> Safe to Eat
Beverages Fresh, frozen or canned fruit juices. Coffee or tea served without milk. Soy infant formula. Soybean milk.	All beverages made with milk or prepared with milk or milk products.
Breads Homemade bread, pancakes, muffins or doughnuts made without milk products. Commercial bread and rolls if ingredient list or bakery indicate no milk used. Rye-krisp.	Commercial breads, rolls, doughnuts, pancakes or crackers containing milk or milk products.
Cereals Any cereal which no milk product has been added during manufacturing.	Cereals with milk or milk products listed on the ingredients.
Cheese None.	All cheese products, including those made with soy.
Desserts Plain or flavoured gelatins. Angel or sponge cakes. Cookies, piecrusts and puddings made without milk or milk products. Meringues.	Cake, cookies, or pie crust made with or brushed with milk. Bavarian creams or blanc mange, nugat, pudding, yogurt, custards, junkets, mousse, ice cream, or sherbet. Prepared mixes containing milk or milk products.
Eggs Any style, except with milk added or cooked with milk or a milk product.	Eggs cooked with milk or milk products.
Fats Milk-free margarine (check labels). Animal and vegetable fats and oils. Salad dressings made without milk or milk products.	Butter and most margarines. Salad dressings containing milk, cream, butter, margarine or cheese. Sour cream.

Foods Safe to Eat	Foods <u>Not</u> Safe to Eat
<p>Fruit Fresh, frozen, dried or canned fruit served without milk or milk products.</p>	<p>Fruit served with milk or milk products.</p>
<p>Meat, Fish and Poultry All fresh, frozen or canned meat, fish, and poultry prepared without milk or milk products.</p>	<p>Commercially prepared meats containing milk or milk products, such as bologna, weiners, sausages, fritters, meat loaves or creamed dishes.</p>
<p>Potatoes, Rice and Pasta Any potato, rice or pasta cooked and served without the addition of milk or milk products.</p>	<p>Scalloped or mashed potatoes using milk. Pasta with cheese or cream sauce.</p>
<p>Soups Homemade soups without the addition of milk or milk products.</p>	<p>Canned or dehydrated soups containing milk or milk products. Cream soups, bisques and chowders made with milk.</p>
<p>Sweets Sugar, honey, molasses, syrup, jams, jellies, preserves, hard candies, marmalades, homemade or commercial candies made without milk or milk products.</p>	<p>Candies made with milk or milk products such as chocolate, toffee or creamy candies.</p>
<p>Vegetables All fresh, frozen, dried, or canned vegetables prepared without the addition of milk or milk products.</p>	<p>Creamed and scalloped vegetables or those served with milk or milk products.</p>
<p>Miscellaneous Homemade gravies and sauces or bottled sauces made without milk or milk products. Condiments, flavourings, spices, nuts, pickles, and popcorn without added butter or regular margarine. Whipped cream substitutes (check labels). Artificial coffee cream.</p>	<p>Gravies or sauces made with milk or milk products.</p>

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