

Milk Allergy Information

Avoid foods with the following ingredients:

Artificial butter flavor, butter, butter fat, oil, casein, caseinates (ammonium, calcium, magnesium, potassium, sodium), cheese, curds, Ghee, Half and Half, hydrolysates (casein, milk protein, whey, whey protein), lalbumin, lalbumin-phosphate, lactoglobulin, lactose, lactulose, any derivative of milk powder, proteins, solids, malted, condensed, evaporated, dry, whole, low-fat, non-fat, skim, nougat, rennet casein, "D" on any label next to "K" or "U" indicates presence of milk protein.

Common foods containing milk:

Buttermilk, cheese, butter, cottage cheese, cream cheese, pudding, sour cream, yogurt, chocolate, caramel, bavarian cream, coconut cream, brown sugar, luncheon meats, hot dogs, sausage, high protein flour, margarine, Simplese, ice cream, waffles, pancakes, cake, cookies, Bisquik mix, ovaltine, cocoa malt, macaroni, gravies, some sauces, some fritters, some soufflés, some au gratin dishes, some omelets, frankfurters, wiener schnitzel.

Substitutes for Cow Milk:

Soy milk, rice milk, sheep milk, oat milk, almond milk. Please note that people who are allergic to cow's milk may also be allergic to other forms of milk.

****Remember to try and eliminate all forms of milk from your diet and read all labels carefully!**