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Milk Allergies

Milk is one of the most common food allergies. Milk contains multiple proteins that may cause an immune system response. Casein and whey are the two main protein components of milk. Milk allergy generally starts in early infancy, however 80% of children will outgrow milk allergy. Some will never outgrow it, and some cow's milk allergies will be acquired later in life.

General Guidelines:

1. Read all labels carefully.
2. Be aware of alternate terms for milk: casein, caseinate, whey, lacto albumin, lacto globulin, sodium caseinate, and curds.
3. "Non-Dairy" does not mean milk free.
4. "Parve" means a product does not contain milk.
5. Ensure nutritional needs are being met. The first concern is calcium-excellent sources include green vegetables, fish (salmon and sardines in particular) and seafood (children should be age 3 before introduction fish and seafood). Vitamin D is necessary to absorb Calcium. Vitamin D can be found in eggs (introduced after age 2), liver and sunlight.
6. Most milk allergic individuals are also allergic to goat's milk. Rice milk is usually a safe alternative to cow's milk.

Avoid:

Milk, milk solid, cream, butter, butterfat, butter oil, yogurt, artificial butter flavor, cow's milk based formulas, buttermilk cocoa, hot chocolate, cheese, eggnog, yoo-hoo, ovaltine, sour cream, slender, ultra Slim Fast, cottage cheese, meat prepared with butter, some cold luncheon meats, ice cream, candies and desserts made with milk, Ghee, half & half, lacto albumin, lactoglobulin, curds, custard, whey, margarine, simpleese (fat substitute), pudding and custard, milk (derivative, powder, protein, solids, malted, vegetables and pastas pre-condensed, evaporated, dry, non-fat) paired with butter or milk, General Foods International Coffees, bread, crackers, cereals, cookies and other flour products made with cow's milk, gravies, sauces, soups and salad dressings, Florentine sauce, moray, dijonnaise and Hungarian sauce.

May contain milk protein:

Flavorings including caramel, Bavarian cream, coconut cream, brown sugar, butter and natural flavoring, chocolate, non-dairy coffee creamers, dried sauces, gravy mixes, sour cream alternatives, imitation cheeses.

Sources:

www.foodallergy.org
www.allergies.about.com

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