**Cow’s Milk Protein Allergy**

**What is a milk-protein allergy?**

A milk-protein allergy is how the body’s immune system reacts in an abnormal way to the protein in milk.

**Is there a difference between having a milk-protein allergy and being lactose intolerant?**

Yes, lactose intolerance affects only the digestive tract and the body is not able to digest lactose found in milk.

**What are some of the symptoms of an allergic reaction to cow’s milk protein?**

*Some of these are immediate reactions, some occur over time*

* Wheezing
* Vomiting
* Skin reactions ( hives )
* Loose stools ( sometimes containing streaks of blood and/or mucus )
* Diarrhea, abdominal cramping
* Intermittent cough, runny nose, or sinus infection
* Skin rash
* Slowed weight gain and/or height (failure to thrive)

**What foods contain milk?**

 All dairy products contain milk. Many processed foods contain milk or milk products.

**Items on food label that are milk or milk products:**

* **Milk**
* **Milk Solids**
* **Non-Fat Milk solids**
* **Buttermilk Solids**
* **Chocolate (may contain milk solids)**
* **Cream**
* **Half and Half**
* **Butter, butter fat, butter oil, natural butter flavor**
* **Curds**
* **Whey Solids**
* **Whey**
* **Casein**
* **Casseinate**
* **Sodium Caseinate**
* **Lactalbumin**
* **Lactoglobin**
* **Lactose**
* **Ghee**
* **Junket**
* **Nougat**
* **Custards**
* **Malted Milk**
* **Simplesse or fat replacers**
* **Whey Products**
* **Yogurt**
* **Cheese**
* **Cottage Cheese**
* **Sour Cream**
* **Artificial and natural flavorings such as for meat, poultry, canned fish, and potato chips**

**NOTE:** Foods labeled “nondairy” or “milk-free” may still contain milk proteins. You must read through the entire label. If you have any doubt about the product, call the manufacturer to be sure. Some manufacturers may change the ingredients in the product without warning.

**I am breastfeeding, do I need to stop?**

As a mother, avoiding milk products in your diet may have a protective effect against having an allergy. If you decide to avoid cow’s milk, you should take calcium and vitamin D supplements daily.

**What foods can my child or I eat on a milk free diet?**

|  |  |  |
| --- | --- | --- |
| Food Group | Allowed  | Not Allowed |
| Breads and Grains | Baked goods, breads and cereals that do not contain any milk products | Breads prepared with milk, such as muffins, pancakes, biscuits, french toast |
| Potatoes and Other Starches  | Potato, rice or pasta prepared without milk or milk products, plain chips | Any potato, rice or pasta prepared with milk or milk products-au gratin, creamed and scalloped potatoes, instant potatoes, macaroni and cheese, ranch flavored snacks |
| Vegetables | All vegetable: fresh, frozen, canned | Any vegetable prepared with milk, cheese or butter- au gratin, creamed scallops |
| Fruits | All fruits- fresh, frozen, canned  | Any fruits prepared with milk, cream or butter |
| Milk and Milk Products | Soy based infant formulas, calcium fortified soy and rice milk, soy cheese and yogurt, hydrolyzed protein formulas | All cow’s milk: powdered evaporated and condensed milk, half and half, ice cream, yogurt, cheese, cottage cheese, goat’s milk, cow’s milk based infant formula and supplements |
| Meat & Meat Substitutes | Beef, poultry, turkey, fish, lamb, pork, beans, lentils, nuts, peanut butter, plain eggs, legumes, tofu | Any prepared with milk or milk products such as meatloaf, hotdogs, deli meats, scrambled eggs, egg substitutes |
| Desserts and Sweets | Candies and desserts made without milk or milk products, fruit ice, sorbet, popsicles, juice bars, Jell-O | Candies containing cow’s milk, caramels, chocolate, nougats and fondants. Desserts prepared with cow’s milk: cake, pastries, cream pies, ice cream, ice milk, sherbet, frozen dairy products, custard, pudding or doughnuts |
| Miscellaneous | Clear broth, vegetable soup, meat soups, homemade soups without milk, carbonated beverages, tea, coffee | Frozen dinners with cheese sauces, canned spaghetti sauce with cheese, cream soups, chowders, some diet drinks |

**Resources for parents:**

**Books:**

*The Parent’s Guide to Food Allergies*by Marianne S. Barber

*Caring for the Child with Severe Food Allergies* by Lisa Cipriano Collins, M.A., M.F.T.

*Food Allergies and Adverse Reactions* by Judy E. Perkin

**Websites:**

*The Food Allergy and Anaphylaxis Network* [**http://www.foodallergy.org/**](http://www.foodallergy.org/)

*American Academy of Allergy, Asthma, and Immunology*[**http://www.aaaai.org/home.aspx**](http://www.aaaai.org/home.aspx)

Place to buy specialty foods online. [**http://foodallergygrocer.com/**](http://foodallergygrocer.com/)

**Cornerstone Lactation Services**

**Savannah Pressley, IBCLC**

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