

MILK ALLERGY

3450 E. Fletcher Ave, Suite 350, Tampa, FL 813 972 3353

MILK Allergies

You may diagnose yourself with a food allergy to milk by eliminating milk from the diet for several weeks. If the symptoms ease, foods may be reintroduced individually on a rotary diversified diet schedule. This process is very difficult, but the results are well worth it. To begin your elimination diet, milk must be avoided in all forms. Ask Dr. Nofsinger about other testing methods to detect food allergies..

- ammonium caseinate
- artificial butter flavour
- butter solids/fat
- calcium caseinate
- caramel colour*
- caramel flavouring*
- casein
- caseinate
- delactosed whey
- demineralised whey
- dried milk
- dry milk solids
- flavouring*
- high protein flour*
- hydrolysed casein
- hydrolysed milk protein
- lactalbumin
- lactalbumin phosphate
- lactate
- lactoferrin
- lactoglobulin
- lactose
- magnesium caseinate
- milk derivative
- milk fat
- milk protein
- milk solids
- natural flavouring*
- Opta (fat replacement)
- potassium caseinate
- rennet casein
- Simplesse (fat replacement)
- sodium caseinate
- solids
- sour cream solids
- sour milk solids
- whey
- whey protein concentrate

* May not contain milk products. Depends on the manufacturer or type of product.

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Common foods and products containing milk and milk derivatives:

1. Custard, junket, ice cream, milk pudding.
2. Batters, waffles, pancakes, cake, cookies and prepared flours (such as Bisquick).
3. Bread.
4. Cosmetics/Toiletry/Perfume/Hair Conditioners/Body Creams/Soap/Face Foundation Creams/Lubricant for Condoms (casein-free “condomi” available from Vegan Society)
5. Flavorings with lactic acid sometimes contain derivatives of milk.
6. Malted milk, Ovaltine, cocomalt, drinking chocolate, buttermilk, canned or dried milk.
7. Milk chocolate, candy, chocolate creams, filled candy bars, nougat.
8. Cottage cheese and other cheese.
9. Macaroni.
10. Any foods prepared with milk, cheese, cream, such as gravies, cream sauces, fritters, rarebits, timbales, soufflés, au gratin dishes, omelets.
11. Frankfurters and other sausages (dried skim milk used as binder) and wiener schnitzel.
12. Powdered milk.

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MILK SUBSTITUTES

Milk is rich in protein, calcium and Vitamins A and B and it is important to insure an adequate intake of these elements when on a dairy-free diet. Soya is rich in protein, and other foods of importance in a dairy-free diet are potatoes, vegetable oil and fish. Cod liver oil or fish oils are rich in vitamin A. Calcium is found in sardines, watercress, figs, rhubarb, almonds and other nuts. Fresh fruit and vegetables are a good source and vitamins and minerals (especially important for children for the formation of strong, healthy teeth and bones).

Rice milk is good for drinking and putting on cereal. It can also be used when baking or as a thickening agent. In some recipes **water, broth, or juice** can be substituted for the cow's milk.

Sometimes, a milk allergic person can use **goat's milk** or **soy milk**. Both of these milks, however, are also very allergenic. In fact, most people allergic to cow's milk are also allergic to goat's milk.

Persons with lactose intolerance should never use goat's milk. Lactose is present in all animal's milk.

Milk

Soya, Rice, Oat, Nut, Coconut, Sheep's Milk*, Goats Milk*, Ewes Milk*,

Butter/Margarine

Soya Spread (some pure oil margarines)

Yogurt

Soya Yogurt, Oat Yogurt

Cheese

Rice Cheese, Soya Cheese (Hard/flavored/slices/spreads)

Cream

Soya Cream, Whip Topping, Coconut Cream

Ice-cream

Soya Ice-cream, Rice Ice-cream

Chocolate

Carob And Vegan Chocolates

* Sheep's, Goats And Ewes Milk Are Technically Not Dairy Products, However They Have A Similar Composition To Cows Milk And May Cause Similar Reactions/Intolerances

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BACKGROUND: MILK ALLERGY VS. LACTOSE INTOLERANCE?

Lactose intolerance

Lactose is a sugar found naturally in milk. It's important to distinguish between lactose intolerance and milk allergy, because milk allergy can cause severe reactions. Lactose intolerance is caused by a shortage of the enzyme lactase, which is needed to break down lactose so it can be absorbed into the bloodstream. When someone doesn't have enough of this enzyme, lactose isn't absorbed properly from the gut, which can cause symptoms such as bloating and diarrhea.

Lactose intolerance can be caused by a number of things. In humans, the body produces less lactase after the age of two. However, in white Western Europeans, lactase can be produced into adult life, which allows lactose to be broken down properly.

Because of this, lactose intolerance is more common in certain ethnic and racial populations than in others. In the UK, we think about 5% of the general population have lactose intolerance. In communities where milk is not traditionally part of the typical adult diet, a much bigger proportion of people are affected. For example, up to 75% of the black African community and more than 90% of the Asian community are intolerant to lactose.

Digestive diseases or injuries to the small intestine can sometimes cause lactose intolerance, because they reduce the amount of lactase produced. In rare cases, the condition can be inherited.

Milk from mammals including cows, goats, sheep and humans contain lactose. This means that goats' milk and sheep milk aren't suitable alternatives to cows' milk for people who are intolerant to lactose. There is no medical treatment for lactose intolerance, but symptoms can be avoided by controlling the amount of lactose in the diet. Adults with lactose intolerance can often have a small amount of milk without getting any symptoms. Lactose intolerance should not be confused with allergy.

Milk Allergy

Allergy to cows' milk is the most common food allergy in childhood, and affects 2-7% of babies under one year old. It's more common in babies with atopic dermatitis. A reaction can be triggered by small amounts of milk, either passed to the baby through the mother's breast milk from dairy products she has eaten, or from feeding cows' milk to the baby.

Children usually grow out of milk allergy by the age of three, but about a fifth of children who have an allergy to cows' milk will still be allergic to it as adults. The symptoms of milk allergy are often mild and can affect any part of the body. They can include rashes, diarrhea, vomiting, stomach cramps and difficulty in breathing. In a very few cases, milk allergy can cause anaphylaxis.

Cows' milk allergy is caused by a reaction to a number of allergens in cows' milk, such as casein and whey. Casein is the curd that forms when milk sours, and whey is the watery part that is left when the curd is removed.

People can be allergic to either whey or casein, or both, and an allergic reaction can be triggered by very small amounts of these allergens in people who are sensitive. Heat treatment, such as pasteurisation, changes whey, so people who are sensitive to whey might not react to pasteurised milk. But heat treatment doesn't affect casein, so someone who is allergic to casein will probably react to all types of milk and milk products.

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Milk from other mammals (such as goats and sheep), and hydrolysed milk and soya formulas, are sometimes used as a substitute for babies who are at risk of developing cows' milk allergy. However, the allergens in milk from goats and sheep are very similar to those in cows' milk. This means that someone with a cows' milk allergy might react to these other types of milk as well, so goat's and sheep milk aren't suitable alternatives for people who are sensitive to cows' milk.

Some highly hydrolysed milk formulas are suitable for babies with cows' milk allergy, but other types of formula, such as partially hydrolysed milk and soya formulas, aren't suitable, because many babies with cows' milk allergy might react to them as well.

Helpful websites:

<http://www.theallergysite.co.uk/dairy.html>

Try [Meals.com](http://www.meals.com) for a great range of calcium rich, dairy free recipes