

## MILK FREE DIET

### AVOIDING MILK

An allergy to cow's milk is common in young children. Children with a milk allergy may have nausea, vomiting, abdominal pain, diarrhea, bloody stool, difficulty breathing, and or a skin reaction after eating or drinking milk products. These symptoms can be avoided by following a milk free diet.

#### What foods are **not allowed**?



- **Milk in all forms:** including condensed, derivative, dry, evaporated, goat's milk and milk from other mammals, lactose free milk, low-fat/non-fat/skimmed milk, malted milk, milk fat/powder/protein
- **Dairy products,** including cream, cheese, yogurt, half-and-half, cottage cheese, etc. including goat, sheep, and all other animals
- **Cream based** soup, sauce, gravy, salad dressing, frosting, baked products and candies
- **Milk-based nutritional supplements** such as Boost Kids, PediaSure, or Carnation Instant Breakfast

#### Is a Milk Free Diet Safe for My Child?



Yes! When most think of milk, we think of strong bones. Healthy, growing children need strong bones; however **this is possible without milk and dairy**. When you remove milk from a diet, it is important to include the special nutrients that are lost from removing milk and dairy products (see "Potential nutritional deficiencies on a milk-free diet" section).



#### **ALWAYS AVOID** FOODS THAT CONTAIN MILK, INCLUDING THE FOLLOWING INGREDIENTS:

|                        |   |
|------------------------|---|
| Butter                 | Milk Chocolate                            |
| Buttermilk             | Milk Protein                              |
| Casein (all forms)     | Hydrolysate                               |
| Caseinates (all forms) | Nisin                                     |
| Cheese                 | Nougat                                    |
| Cool Whip              | Pudding                                   |
| Cottage cheese         | Quark                                     |
| Kefir                  | Recaldent (in toothpaste)                 |
| Cream Pie              | Rennet casein                             |
| Cream                  | Sherbet                                   |
| Curds                  | Simplese                                  |
| Custard                | Sour Cream and Sour/Fermented Milk solids |
| Diacetyl               | Tagatose                                  |
| Galactose              | Whey, Whey Protein Powder                 |
| Ghee                   | Whipped Cream                             |
| Half-and-Half          | Yogurt (regular, liquid, frozen)          |
| Ice Cream, Ice Milk    |   |
| Kefir                  |   |
| Lactalbumin            |   |
| Lactate solids         |   |
| Lactitol               |   |
| Lactoferrin            |   |
| Lactoglobulin          |   |
| Lactose                |   |
| Lactulose              |   |
| Lactyc yeast           |   |



#### **USE CAUTION,** THE FOLLOWING MAY CONTAIN MILK:

Artificial butter flavor  
Baked goods  
Breads and buns  
Cake frosting/toppings  
Cake, cake mix  
Caramel candy  
Hot Dogs  
Chocolate  
Creamed foods  
Creamy Salad Dressing  
Flavored Chips or Popcorn  
Flavoring: artificial, natural  
High Protein Flour  
Instant oatmeal  
Lactic Acid Starter Culture  
Luncheon/deli Meats  
Margarine  
Mashed Potatoes  
Non-dairy Creamer  
Non-dairy Products  
Nougat  
Rice, Soy and other non-dairy Cheeses  
Sausages  
Scrambled Eggs  
Seasoning mixes for pasta, rice  
Shellfish (processed only)  
Steak (restaurants often add butter prior to serving)  
Sweets: fudge, taffy, butterscotch

## POTENTIAL NUTRITIONAL DEFICIENCIES ON AN MILK-FREE DIET

*What nutrients are important in milk? What are good food sources of these missing nutrients?*



- **Protein:** Animal Meats (Chicken, Turkey, Fish, Beef, Lamb, Pork), Eggs, Beans & Lentils & Legumes, Nuts & Seeds, Whole grains— Quinoa, Millet, Teff, Barley (minimal protein)
- **Calcium:** Fortified vs Whole foods (much more volume is required to achieve Calcium requirements)
  - Fortified: Cereals, Non-Dairy Milks such as Soy or Rice, Breads, Juice, Tofu
  - Whole foods: Sardines, Sesame seeds and Tahini, Chia, Flax, Teff, Quinoa, Broccoli, Leafy Greens (Collard, Beet, Spinach, Turnip, Mustard)
- **Vitamin A:** Apricot, Cantaloupe, Carrot, Greens, Kale, Pumpkin, Spinach, Squash, Sweet Potato
- **Vitamin B12:** Fortified Cereal, Meat Substitutes, Nutritional Yeast (certain brands)
- **Vitamin D:** Salmon, Sardines, Tuna, Eggs (free range, organic), Shiitake Mushrooms
- **Riboflavin:** Almonds, Asparagus, Crimini mushrooms, Eggs, Soy, Spinach, Tempeh, Turkey
- **Phosphorus:** Scallops, Sardines, Soy, Pumpkin Seeds, Cod, Tuna, Lentils, Shrimp, Tempeh
- **Potassium:** Sweet Potato, Apricot, Beet Greens, Tomato, Banana
- **Probiotics\*:** Pickles, Sauerkraut, Kefir, Good Belly fruit juices (check label that products contain “Live and Active Cultures”)

\*Caution with fermented probiotic products that contain “lactic acid starter culture”, this may cause a reaction so please confirm with your MD prior to consumption

## ALTERNATIVES TO MILK AND MILK PRODUCTS

Non-dairy, alternative “milks” are not nutritionally equivalent to cow’s milk. These products usually have minimal protein, and less calcium and less vitamin D. Use as needed, but sparingly.

**Non-Dairy, Alternative Milks** (many varieties and brands— look for FORTIFIED on the label): Rice, Soy, Oat, Almond, Hemp, Coconut, Sunflower Seed, Flax Seed, Oat, Mixed Whole Grain

Higher protein: Soy, Oat, Hemp

Low protein: Coconut, Rice, Flax, Almond

**Milk-free Cheese:** Daiya cheese products (milk, nut, and soy free), Galaxy Nutritional Foods Cheese, Tofutti, Vegan Gourmet, Wayfare Cheese

**Milk-free Butter, Cream Cheese and other Spreads:** Earth Balance Natural Buttery Spread & Organic Coconut Spread, Omega Flow Coconut Butter, Tofutti and Vegan Gourmet Cream Cheese

**Milk-free Ice Cream:** Coconut Bliss, Fruit Sorbets (dairy free), Rice Dream, Soy Delicious

**Milk-free Yogurt:** Amande (almond), So Delicious (coconut or almond), Nancy’s (soy), Trader Joe’s (soy), WholeSoy

**Milk-free Sour Cream and other Condiments:** Guacamole, Horseradish, Tartar sauce, Tofutti Better Than Sour Cream, Vegan Gourmet Sour Cream, Vegemise (roasted garlic, chipotle, barbeque, pesto)

**Baking Substitutes:** Milk is one of the easiest ingredients to substitute in baking and cooking: it can be substituted, in equal amounts, with water or fruit juice (for example, substitute 1 cup milk with 1 cup water). In place of Butter, try Coconut oil or Palm Oil as fats, applesauce works as well to moisten however doesn’t have the fat.