

Cows Milk-Free Diet

If you feel frustrated and helpless due to food allergies, you are not alone. Up to 60% of Americans have shown signs of food allergy at one time or another. About 10% of food allergy sufferers exhibit symptoms serious enough to see a doctor. Food allergy typically does not appear overnight. In susceptible people, allergies to food eaten regularly (if not daily) progress over time. Because allergy onset is subtle, identifying offending foods can be difficult and often requires trial diets. Once the food has been identified, the patient may incorporate acceptable substitutes in his or her diet and avoid the food completely.

Nearly any type of food can cause allergy, but cow's milk, eggs, fish, shellfish, nuts, corn, cereal grains, chocolate, citrus fruit, peanuts, and soy products, most commonly provoke reactions. Because many foods come from related plant and animal species, which contain cross-reacting substances, a person may suffer an allergic reaction from a food he has never eaten. The web site www.dpcAlaSTAT.com provides information on specific allergens, peak pollination seasons and allergen cross-activity.

The following diet excludes cow's milk and cow's milk products. While cow's milk and goat's milk have similar antigens (a substance that the body perceives as foreign and thus creates an immune response), people allergic to cow's milk may tolerate goat's milk. To eliminate cow's milk completely, you must read labels before purchasing commercially prepared food.

The following products contain milk:

- Instant non-fat dry milk powder
- Whey
- Casein hydrolysate
- Curd
- Ice Cream
- Milk solids
- Margarine
- Cheese
- Butter
- Casein
- Lactose

Types and Amounts of Food	Include	Omit
Soups As desired	Bouillon, broth, Consommé, plain or made with allowed foods	Cream soups, all soups made with milk or milk products
Meat and Meat substitutes 2-3 servings (5 oz total)	Beef, chicken, ham, kidney, lamb, liver, pork, turkey, veal, fish Sausage and luncheon meats made without milk products Eggs, peanut butter	Cheese, cottage cheese Sausage products such as wieners or bologna containing milk products Breaded or creamed meat fish or poultry

		Eggs cooked with milk or milk products Egg substitutes such as Egg beaters®
Potato and Potato Substitutes 1 or more serving (¼ cup each)	White or sweet potatoes, macaroni, noodles, rice, spaghetti	Any prepared with milk or milk products such as mashed potatoes or macaroni and cheese
Vegetables 2 or more servings (¼ cup each)	All (includes 1 dark-green or deep-yellow vegetables daily as a vitamin A source)	Any prepared or creamed milk with or milk products (such as Creamed spinach)
Breads 3 or more servings	French, Italian, or Vienna bread Breads made without milk (most breads contain non-fat dry milk)	Any made with milk or milk products: doughnuts, waffles, pancakes, hot breads, rolls, biscuits, crackers rusk, zwieback, teething biscuits
Cereals 1 or more servings (½ cup each)	Cooked cereals prepared without milk or milk products Ready-to-serve cereals (served with formula)	All pre-cooked and prepared with added milk solids High protein cereals
Fats 3 or more servings (1 tsp each)	Kosher margarine Margarine without added milk solids Vegetable oil Shortening, oil and vinegar salad dressing, meat fat, lard, bacon Milk-free gravy	Butter, cream, margarines containing milk solids Salad dressings and mayonnaise containing milk or milk products Milk gravy
Fruits and Fruit Juice 2 or more servings (4 oz. juice or ¼ cup fruit each)	All prepared or served without milk or cream (include 1 serving citrus fruit or fruit juice daily as a vitamin C source)	None
Desserts In moderation	Angel food cake, fruit ices, fruit whips, gelatin, meringues Homemade product from allowed	Any prepared with ingredients not allowed Commercial cakes, cookies, pies,

	ingredients such as cake, pies, Cookies, puddings	puddings, ice cream, sherbets, yogurt, prepared mixes
Milk 2 or more servings (8 oz each)	Soy formulas: Isomil Mul-soy®* Neo-mul-soy®, Prosobee®, Soyalac®, Nursoy®, MBF (meat base formula)	Cow's milk, skim milk, non-fat dry milk, evaporated milk, condensed milk, yogurt Standard prepared infant formulas Cocoa prepared with cow's milk Ovaltine®
Beverages	Water as desired Weak tea, carbonated beverages, fruit drinks	Milk beverages such as eggnog, cocoa, milkshakes, malts
Miscellaneous	Salt (iodized), sugar, honey, corn syrup, hard candy, pure chocolate, pure cocoa, jelly Spice, herbs, pepper catsup, mustard Nuts, olives, pickles Popcorn prepared with allowed ingredients	Milk chocolate Cream sauce Au gratin dishes Imitation chocolate chips

*Mul-soy is high in protein and calcium and is most suitable for older children

Brand names are used for clarification only and do not constitute an endorsement

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