



## Milk Free Diet

### **Why Follow a Milk Free Diet?**

A milk free diet may be necessary if you have a milk allergy. A milk allergy is an immune reaction to the protein in milk that occurs when milk or milk products are eaten and symptoms can range from mild to severe.

### **Symptoms of a Milk Allergy**

Symptoms of a milk allergy include abdominal pain, diarrhea, nausea, vomiting, gas, bloating, a stuffy runny nose, or skin conditions such as eczema or hives.

### **Do I have to Avoid Milk Forever?**

It is best to identify if it is a true milk allergy by eliminating milk and milk products in the diet for at least 4 weeks. Some people try a “challenge test” where they introduce a small amount of milk to see how much, if any, they can tolerate after four weeks of eating milk free. In certain individuals, highly processed foods containing small amounts of cooked milk may be tolerated. Speak to your dietitian on how to determine if you can tolerate any milk or milk products



## Milk Free Diet: Which foods are safe to eat?

Type of food	Foods allowed	Foods to avoid
<b>Grain products</b>	<ul style="list-style-type: none"> <li>• All plain grains, flours and starches</li> <li>• Bagels</li> <li>• Breads and baked goods made without milk or milk products</li> <li>• French or Italian bread</li> <li>• Pasta without cheese or milk-containing sauce</li> <li>• Plain cooked, or ready to eat cereals</li> <li>• Some whole wheat bread</li> <li>• Some rye bread</li> <li>• Soda crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Any manufactured food containing ingredients indicating that the foods are derived from milk</li> <li>• Baked products made with milk or milk products such as breads, crackers, biscuits, doughnuts, muffins, pancakes</li> <li>• Cereals containing milk or milk solids</li> <li>• Commercial baking mixes containing milk</li> </ul>
<b>Milk and Alternatives</b>	<ul style="list-style-type: none"> <li>• Coconut milk</li> <li>• Milk-free soy bean cake</li> <li>• Milk free creamers (Ex: So Delicious Almond Creamers®)</li> <li>• Nut milks</li> <li>• Potato starch-based drinks</li> <li>• Rice beverages</li> <li>• Soy beverages</li> <li>• Seed milks</li> <li>• Milk free cheese (Ex: GO Veggie vegan cheese®, Daiya dairy free cheese®)</li> </ul>	<ul style="list-style-type: none"> <li>• All cow's milk (whole; 2%; 1% skim; Lactaid® Lacteeze® or other Lactose-free or lactose-reduced milk; Acidophilus milk)</li> <li>• All milk derivatives (cream, half-and-half; whipping cream; light cream; sour cream; ice cream)</li> <li>• All milk products (buttermilk; yogurt; quark; kefir; cheese of all types)</li> <li>• Any manufactured product containing ingredients indicating milk such as: casein, caseinates, lactose, lactalbumin, lactoglobulin, milk solids, whey</li> <li>• Milk from all animals (goat, sheep, buffalo, mares, other)</li> </ul>

Type of Food	Foods Allowed	Foods to Avoid
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• All vegetables and their juices except those listed in the restricted column</li> </ul>	Vegetables prepared as: <ul style="list-style-type: none"> <li>• Breaded or battered</li> <li>• Butter/margarine added</li> <li>• Creamed</li> <li>• Instant potatoes</li> <li>• Mashed with butter and/or milk</li> <li>• Prepared or frozen vegetables with milk, cream, or butter sauces</li> <li>• Scalloped</li> </ul>
<b>Fruit</b>	<ul style="list-style-type: none"> <li>• All pure fruits and pure fruit juices</li> </ul>	<ul style="list-style-type: none"> <li>• Any with cream, milk or butter as additional ingredients, toppings or sauce</li> </ul>
<b>Meat, poultry, fish</b>	<ul style="list-style-type: none"> <li>• All fresh or frozen meat, poultry or fish</li> <li>• Kosher processed meats (may be called “parve” or “pareve”)</li> <li>• Meat, poultry and fish canned without milk or milk products</li> <li>• Processed meats made without milk or milk products</li> </ul>	<ul style="list-style-type: none"> <li>• Commercially prepared meat, poultry or fish that is:               <ul style="list-style-type: none"> <li>○ battered</li> <li>○ breaded</li> <li>○ creamed</li> </ul> </li> <li>• Commercially produced meat products containing milk ingredients such as meat loaf, hot dogs, cold cuts and sausages</li> </ul>
<b>Eggs</b>	<ul style="list-style-type: none"> <li>• Omelette or scrambled eggs made without milk or cheese</li> <li>• Plain, boiled, fried or poached</li> </ul>	<ul style="list-style-type: none"> <li>• Any egg dish containing milk ingredients such as:               <ul style="list-style-type: none"> <li>○ cheese</li> <li>○ commercial mayonnaise</li> <li>○ cream</li> <li>○ milk</li> </ul> </li> </ul>
<b>Legumes</b>	<ul style="list-style-type: none"> <li>• All plain legumes such as dried beans, dried peas; lentils; dals</li> <li>• Soy beans and soy milk containing products</li> <li>• Milk-free; casein-free tofu</li> <li>• Peanut butter</li> </ul>	<ul style="list-style-type: none"> <li>• Any prepared with milk ingredients such as:               <ul style="list-style-type: none"> <li>• cream</li> <li>• cheese</li> <li>• milk</li> </ul> </li> </ul>

Type of Food	Foods Allowed	Foods to Avoid
<b>Nuts and seeds</b>	<ul style="list-style-type: none"> <li>• All plain nuts and seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Any nut or seed candies or confectioneries containing milk ingredients</li> <li>• Nuts, seeds and nut and seed mixtures with coatings containing milk or lactose</li> </ul>
<b>Fats and oils</b>	<ul style="list-style-type: none"> <li>• Gravy made without milk</li> <li>• Lard</li> <li>• Milk-free butter/margarine such as: <ul style="list-style-type: none"> <li>○ Becel Vegan®</li> <li>○ Earth Balance®</li> </ul> </li> <li>• Meat dripping</li> <li>• Non-dairy dessert topping</li> <li>• Pure vegetable oils</li> <li>• Real mayonnaise</li> <li>• Shortening</li> <li>• Milk-free mayonnaise <ul style="list-style-type: none"> <li>○ Earth Balance®</li> <li>○ Hain Celestial®</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Butter</li> <li>• Cream</li> <li>• Cream cheese</li> <li>• Margarine containing whey or milk</li> <li>• Salad dressings with milk or milk products</li> <li>• Sour cream</li> <li>• Whipped topping</li> </ul>
<b>Spices and herbs</b>	<ul style="list-style-type: none"> <li>• All pure spices and herbs</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>
<b>Sweets and sweeteners</b>	<ul style="list-style-type: none"> <li>• All pure sugar, syrup, honey</li> <li>• Any item made from allowed ingredients</li> <li>• Sugar Twin®</li> </ul>	<ul style="list-style-type: none"> <li>• Any item made from milk or milk products</li> <li>• Milk chocolate and candies made with foods to avoid (toffee, caramels, chocolates)</li> <li>• Sugar substitutes containing lactose</li> </ul>
<b>Beverages</b>	<ul style="list-style-type: none"> <li>• Alcoholic beverages, except cream-based liqueurs</li> <li>• Clear coffee, tea and herbal tea.</li> <li>• Fruit juices and drinks</li> <li>• Mineral water</li> <li>• Soft drinks</li> <li>• Vegetable juices</li> </ul>	<ul style="list-style-type: none"> <li>• Diet drinks that contain lactose</li> <li>• Cream-based liquers</li> </ul>

# How can I make sure I am choosing milk free foods?

## Step 1: Look for a “Contains” or “May Contain” statement



If milk is part of the product formulation, it must be declared in the list of ingredients or in a separate "contains:" statement immediately following the list of ingredients. If there is not a “contains” statement then follow step 2.

## Step 2: Read the ingredient list

Any food that has “milk” in its name should be avoided. The following lists include terms that indicate that a product may contain milk. Be careful with imported products as ingredient lists are not always accurate. Errors can occur as a result of incomplete translation or as a result of printing errors.

### ***Terms that indicate cow’s milk is present***

Acidophilus milk	Curd	Milk (skim, 1%, 2%, 3.25%, lactose free)
Ammonium/calcium/magnesium/potassium caseinate	Delactosed whey	Milk powder
Artificial butter flavour	Demineralized whey	Milk solids
Butter	Dried milk/cream/sour cream	Modified milk
Buttermilk	Evaporated milk Feta	Natural butter flavour
Buttermilk solids	Half-and-half	Potassium caseinate
Butter fat	Hydrolysed casein	Processed cheese
Butter flavored oil	Hydrolysed whey	Quark
Butter solids	Ice cream	Rennet casein
Calcium caseinate	Ice milk	Ricotta
Casein	Lactaid® milk	Sherbet
Casein hydrolysate	Lactalbumin	Sodium caseinate
Cheese	Lacteeze® milk	Sweet dairy whey
Cottage cheese	Lactoferrin	Whey
Cream	Lactoglobulin	Whey hydrolysate
Cream cheese	Lactose	Whey powder
Condensed milk	Lactulose Light cream	Whey protein
Cultured milk	Malted milk	

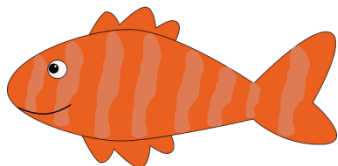
### ***Ingredients that may contain milk protein***

Brown sugar flavoring	Flavoured coffees	Margarine
Caramel flavor	Coffee whitener	Natural flavor
Chocolate	High protein flour	Opta/Simplese TM

## Getting Good Nutrition without Milk

With some changes to the foods you offer you eat, you can still have a healthy diet without milk and milk products. The key nutrients to be aware of are calcium and vitamin D. Incorporate the foods listed below into your diet on a daily basis to help meet your calcium and vitamin D needs. Your dietitian will be able to determine if a nutritional supplement is needed.

Food Group	Calcium	Vitamin D
Vegetables and fruit	<ul style="list-style-type: none"><li>• Green leafy vegetables</li><li>• Fortified orange juice</li></ul>	<ul style="list-style-type: none"><li>• Fortified orange juice</li></ul>
Milk alternatives	<ul style="list-style-type: none"><li>• Fortified soy, rice, or almond beverage</li><li>• Soy or almond yogurt</li></ul>	<ul style="list-style-type: none"><li>• Fortified soy, rice, and almond beverage</li></ul>
Meat and alternatives	<ul style="list-style-type: none"><li>• Canned seafood with bones (salmon, sardines, mackerel)</li><li>• Tofu</li><li>• Beans</li><li>• Tahini/sesame seed butter</li></ul>	<ul style="list-style-type: none"><li>• Egg yolk</li><li>• Seafood</li></ul>
Fats and oil		<ul style="list-style-type: none"><li>• Margarine</li><li>• Cod liver oil</li></ul>



## **Additional Tips**

### *Eating at a Restaurant*

- Call ahead during non-peak restaurant hours and ask to speak with the chef or restaurant manager and inform them about your food allergy
- Avoid complex dishes and desserts with multiple ingredients or sauces as these may have hidden allergens
- Avoid foods that are fried in a deep-fat fryer that may have been used to fry other foods with milk ingredients
- Be aware that cross-contact is likely in salad bars and buffets as serving utensils may be shared, and foods can spill and splash
- If you are at risk for a severe allergic reaction, and you plan on eating at a restaurant, take your emergency treatment medication with you

### *Safe food preparation to prevent cross contamination*

- Wash your hands before preparing foods and after touching any product containing milk
- Before preparing food, clean all cooking and food preparation surfaces, cooking equipment, and utensils with hot soapy water
- Prepare milk-free foods first
- Cover and remove them from the cooking area before cooking foods that contain milk

### *Shopping tips*

- Read product labels each time you purchase an item, even if you have purchased the item before. Ingredients may change at any time without notification.
- Delicatessens slice various types of luncheon meats and sometimes even cheese on shared slicers. Luncheon meats may contain milk ingredients. Choose instead a safe, packaged luncheon meat, or ask your delicatessen to slice your order first thing in the morning on a clean machine and set it aside for you to pick up.
- Kosher delicatessens will carry meat products without milk ingredients, and they do not use shared equipment for meat and cheese products
- Nonfood items (including lotions, soaps, cosmetics, sunscreens, medications, and pet food) may contain milk ingredients. These products are not covered under the food allergen-labeling act. Read ingredient lists carefully.

### Recipe Substitutions

- When substituting for milk in a recipe, use equal amounts of juice, water, or an alternative “milk” beverage, such as rice, soy, oat, hemp, or almond milk
- When baking, choose a stick-form of milk-free margarine to replace butter. Stick margarine contains less water and produces a better baked product than tub margarine.
- In recipes requiring sour cream, substitute 4 tablespoons of starch (corn starch, rice starch, or potato starch) mixed with 3/4 cup of water and 1/4 cup of vinegar for each cup of sour cream required
- Desserts that are traditionally made with milk, such as tapioca, sago and rice puddings, can be made with milk alternatives such as rice, soy, or almonds milk, or fruit juice instead
- In sauces for meat or fish, substitute bouillon (meat, fish, or vegetable broth) when the recipe calls for milk

### **References**

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4. Dietitians of Canada (2009): Milk-free diet
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