

## COW'S MILK ALLERGY DIET

### AVOID ALL SOURCES OF COW'S MILK

In very young children, cow's milk is the leading cause of allergic reactions. Once you know your child has a cow's-milk allergy, all milk and milk products must be completely removed from the diet. Not even small amounts should be eaten.

Avoid buying "deli" meats because the slicers may be used to cut both meat and cheese products. Also, some deli meats contain milk.

Another problem that is increasing is the presence of cross contaminants in processed foods. For example, 3 children had an allergic reaction after eating tofu ice cream. The ice cream had significant levels of cow's milk protein in it. Tofu ice cream is not made with milk, but much of it is made in dairy plants, and the batch had been contaminated. To combat this problem, the Neogen Corporation has developed tests to help food manufacturers determine if milk residues have come into contact with foods that should be milk-free.

### READ FOOD LABELS

Knowing how to read a food label will help you avoid problems caused by **cow's milk** in foods.

Terms that mean the product does contain cow's milk protein:

artificial butter flavor	lactalbumin, lactalbumin phosphate
butter, butter fat, butter oil	lactoglobulin
buttermilk	lactulose
casein bbb	milk (in all forms including condensed, derivative, dry, evaporated, goat's milk, lowfat, malted, milkfat, nonfat, powder, protein, skimmed, solids, whole)
casein (casein hydrolysate)	nougat
caseinates (in all forms)	pudding
cheese	rennet casein
cream	sour cream, sour cream solids
cottage cheese	sour milk solids
curds	whey (in all forms)
custard	yogurt
Ghee	
Half & Half	

Terms that may mean the product contains cow's milk protein:

caramel candies	lactose
chocolate	luncheon meat, hot dogs, sausages
flavorings (including natural and artificial)	margarine
high protein flour	non-dairy products
lactic acid starter culture	Simplese

### USE SOY FORMULA AND SOY MILK

If your baby is allergic to cow's milk, your doctor may recommend that you give a soy-based or casein-hydrolysate formula that will provide the nutrients usually found in milk and milk products. Some soy-based formulas are Isomil, Prosobee, Nursoy, and I-Soyalac. Casein-hydrolysate formulas contain milk protein that has been extensively broken down so it isn't as likely to cause an allergic reaction as regular milk. Some casein-hydrolysate formulas are Alimentum, Nutramigen, and Pregestimil.

Avoid whey-hydrolysate formulas because they contain some whole milk proteins.

Soy-based infant formulas are fortified with nutrients. If your child is currently on a milk-free infant formula, continue to use it as long as your child willingly drinks it. There is no need to stop using soy milk as your child gets older.

### PROVIDE MISSING NUTRIENTS

Milk is normally the main source of calcium and vitamin D in a child's diet. These nutrients are needed to build strong bones. If your child is on a diet without milk and is not drinking a formula, ask your doctor about calcium and vitamin D supplements. Calcium supplements include Biocal, Caltrate, Neocalglucon, Os-cal, Rolaid's, Titalac, and Tums. You can also use a calcium-fortified orange juice, which has approximately the same calcium content as milk.