

Dietary avoidance - cow's milk protein (dairy) allergy

Cow's milk is found widely in the foods we eat. Usually people who react to cow's milk protein will also react to similar proteins in goat's and sheep's milk and milk from other animals. Avoiding all dairy products including cow's milk is essential for people with confirmed cow's milk protein allergy. Therefore, it is important to read and understand food labels to be able to choose appropriate foods, and use appropriate non-dairy food substitutes. While some children will tolerate cow's milk baked into cake and biscuits, and occasionally processed dairy in hard cheeses or yoghurts, this should only be tried with specialist medical advice.

The following foods and ingredients **CONTAIN** cow's milk protein and should be avoided:

A2 milk	Evaporated milk	Milk
Butter	Ghee, butter oil, butter fat	Milk derivative
Buttermilk	Hydrolysates (casein, milk protein, whey)	Milk protein
Casein/caseinates	Ice cream	Milk solids
Cheese	Infant formula – cow's milk based including partially hydrolysed (HA) formula	Non-fat dairy solids
Cheese powder	Lactalbumin	Non-fat milk solids
Condensed milk	Lactoglobulin	Skim milk
Cottage cheese	Low fat milk	Skim milk solids
Cream	Malted milk	Sour cream
Curds		Whey
Custard		Yoghurt
Dairy solids		

Coconut products: Consumers with cow's milk allergy are strongly advised to AVOID ALL coconut drink, juice, milk, cream and powder products until authorities can advise us that there has been sufficient testing of all products currently in the marketplace. Consumers with cow's milk allergy also need to ask about use of coconut milk/cream/powder/drink products in menu items they purchase when eating out. Supplements e.g. vitamins, protein boosters, alternate therapies etc may also contain coconut milk products.

Check labels on the following foods to see if they contain cow's milk protein and if they do, avoid them:

Biscuits, cakes, pastry	Gravy	Non-dairy creamers
Bottled water	High energy foods and powders with added protein	Nougat
Breads, breadcrumbs	High protein fruit juice drinks	Pasta sauces
Breakfast cereal	Infant rusks/rice cereals	Probiotic drinks
Canned spaghetti	Instant mashed potatoes	Processed meats
Caramel or butterscotch desserts	Malted milk powder	Salad dressings
Chocolate	Margarine	Snack food
Confectionary	Milk drink flavouring	Soy cheese
Drinking Chocolate	Milk ice blocks	Soups
		Sports drinks, protein shakes

The following foods and ingredients DO NOT contain cow's milk protein and can be eaten:

- Cocoa butter
- Cream of tartar
- Lactic acid - some lactic acid starter culture may however contain milk, so check labels carefully.
- Lactose in medication - lactose is the sugar contained in cow's milk and the pure sugar form is used in medications. The chance of an individual with cow's milk protein allergy reacting to pure lactose sugar in medications that has been contaminated with cow's milk is very low.
- Sodium or calcium lactate
- Sodium or calcium stearoyl lactylate

Note:

- Lactose intolerance refers to an enzyme deficiency that results in an inability to digest large amounts of the sugar in milk (lactose). People with lactose intolerance do not need to avoid all dairy foods, unless they have a confirmed cow's milk protein allergy as well.
- Cow's milk protein is sometimes used for fining (removing particles from) wine, but the methods used for doing so and the likely negligible residue remaining is considered to pose a very low risk of triggering allergic reactions. Discuss this with your allergy specialist if you are concerned.

Cow's milk substitutes

Cow's milk can be an important source of energy, protein and calcium in the diet, especially for developing infants and children. Appropriate substitution is essential to ensure adequate growth and development and sufficient intake of calcium.

Rice, oat or nut based drinks are NOT suitable as a drink young children (particularly children under 1 year of age), due to inadequate amounts of fat, calcium and protein. These drinks should only be used after consultation with a clinical immunology/allergy specialist and dietitian with experience in paediatric food allergy.

Summary of cow's milk substitutes

Instead of:	Use:
Cow's milk infant formula for a child less than 1 year of age	Breast milk or appropriate formula as advised by your child's medical specialist.
Cow's milk for children over 1 year and adults	Soy, rice, oat or nut based drinks - choose one with more than 120 mg calcium per 100 mL.
Yoghurt	Soy yoghurt. NOTE: Some products contain a small amount of cow's milk protein – check the label carefully.
Cheese, sour cream	Soy cheese, soy sour cream. NOTE: Some soy cheeses contain cow's milk protein – check the label carefully.
Ice cream	Soy ice cream, sorbet, milk free gelato – check the label carefully.
Butter and margarine	Oil or milk free margarine e.g. Nuttalex.
Cream and condensed milk	Soy cream, soy cooking milk, soy condensed milk, rice cream.
Chocolate	Soy or rice based (milk free) chocolate.

Considerations for infants and young children

If your child will not drink the milk substitute, a dietitian can advise how to encourage your child to accept it, or how to supplement the diet with essential nutrients such as calcium, energy and protein.

Breastfeeding mothers **may** sometimes need to remove cow's milk protein from their diet. The need to avoid cow's milk protein by a breastfeeding mother should be confirmed by your child's medical specialist.

It is important to ensure an adequate calcium intake

Recommended daily intakes of calcium

AGE	CALCIUM (mg)
1 – 3 years	500
4 – 8 years	700
9 – 11 years	1000
12 – 18 years	1300
Men 19-70years	1000
Men >70 years	1300
Women 19-50 years	1000
Women >50 years	1300

Amount of non-dairy foods required to provide 1 serve of calcium

Food product	Serve size = 1 serve of calcium (250mg)
Soy drink with added calcium	200 mL or 1 cup
Rice, oat or nut drink with added calcium	200 mL or 1 cup
Soy yoghurt with added calcium	200 g or 1 regular tub
Soy cheese	125g – 400 g (varies)
Almonds	100 g
Tahini	75 g
Canned sardines (must eat bones)	75 g
Salmon with bones	¼ cup
White sesame seeds	400 g
Broccoli	5 cups

Use of non-dairy sources of calcium should take into account any other food allergies that would exclude their use, such as individuals with nut or sesame allergy.

Calcium supplements

Calcium supplements can be used to supplement the diet if the dietary intake of calcium is inadequate. A dietitian can provide advice on a suitable supplement.

The food lists included in this document are not exhaustive. Individuals with food allergy should always check foods labels each time products are purchased.

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Website: www.allergy.org.au

Email: info@allergy.org.au

Postal address: PO Box 450 Balgowlah NSW 2093 Australia

Disclaimer

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