



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

Cow's milk and soy are 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 and soy products including cow's milk is essential for people with confirmed cow's milk protein and soy allergy. Therefore, it is important to read and understand food labels to be able to choose appropriate foods, and use appropriate non-dairy and soy 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 or soy protein and should be avoided:

A2 milk	Infant formula – soy and cow's milk based including partially hydrolysed (HA) formula	Soya beans
Bean curd	Lactalbumin	Soy bean paste
Butter	Lactoglobulin	Soy bean sprouts
Buttermilk	Low fat milk	Soy cheeses
Casein/caseinates	Malted milk	Soy desserts
Cheese	Milk	Soy flour
Cheese powder	Milk derivative	Soy formula
Condensed milk	Milk protein	Soy ice cream
Cottage cheese	Milk solids	Soy milk
Cream	Miso	Soy protein isolate
Curds	Non-fat dairy solids	Soy sauce
Custard	Non-fat milk solids	Soy yoghurt
Dairy solids	Skim milk	Tamari
Edamame	Skim milk solids	Tempeh
Evaporated milk	Sour cream	Teriyaki
Ghee, butter oil, butter fat		Tofu
Hydrolysates (casein, milk protein, whey)		Whey
Ice cream		Yoghurt

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 or soy protein and if they do, avoid them:

Allergy friendly breads	Flavourings	Packaged sauces and gravy
Baby cereals	Gelato/sorbet	Pasta sauces
Bakery items	Gravy	Pizza
Biscuits, cakes, pastry	High energy foods and	Probiotic drinks
Bottled water	powders with added protein	Processed meats
Breads, breadcrumbs	High protein fruit juice drinks	Salad dressings
Breakfast cereal	Homemade bread mixes	Snack foods
Canned spaghetti	Infant rusks/rice cereals	Soup mixes
Caramel or butterscotch	Instant mashed potatoes	Soy cheese
desserts	Malted milk powder	Soups

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

Chocolates and sweets	Margarine	Sports drinks, protein shakes
Chocolate flavourings	Mayonnaise type dressings	Stock cubes
Chocolate nut spread	Meat substitutes	Taco shells
Confectionary	Milk drink flavouring	Textured/hydrolysed
Crumbed meats and fish	Milk ice blocks	vegetable protein
Deli salads	Non-dairy creamers	Vegetarian and vegan foods
Drinking chocolate	Nougat	
Flavoured milk drinks	Pancake mixes	

The following ingredients are made from soy but are tolerated by the vast majority of individuals with soy allergy:

- Soy lecithin (Additive No 322) and soya bean oil.

Other legumes such as chickpeas or kidney beans and lentils are tolerated by most individuals allergic to soy. Sometimes allergy specialists may recommend testing with the actual food prior to consumption.

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 cultures 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.

Soy free bread alternatives:

Most breads are made with a starter containing soy. This can make avoiding soy difficult. The following may be options for soy free breads, but it is important to check for cow's milk protein:

- Home-made bread by hand or using a bread maker with allowed flours.
- Check your local baker, greengrocer, delicatessen or supermarket for soy free breads – sourdough bread is usually soy free, but you still need to check.
- Crumpets.
- Flat breads such as Lebanese or Indian bread, wraps, mountain breads.

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 and soy substitutes

Instead of:	Use:
Cow's milk or soy infant formula for a child less than 1 year of age	Breast milk or appropriate formula as advised by your child's medical specialist. Speak with a medical professional to choose the most appropriate one based on your child's diagnosis.
Cow's milk or soy drink for children over 1 year and adults	Rice, oat or nut based drinks - choose one with at least 120 mg calcium per 100 mL.
Ice cream	Sorbet, milk free and soy free gelato – check the label carefully.
Butter and margarine	Oil or milk and soy free margarine e.g. Nuttelex.
Cream	Rice cream.
Chocolate	Rice based (milk and soy free) chocolate. Many chocolates contain soy lecithin which is tolerated by most people with soy allergy.

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 or soy from their diet. The need to avoid cow's milk protein and/or soy 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)
Rice, oat or nut drink with added calcium	200 mL or 1 cup
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.

Children avoiding multiple foods or food groups in their diet should see a paediatric allergy dietitian.

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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Disclaimer

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