

## **Milk-Free Diet**

### ***Indications:***

The milk-free diet is used for those diagnosed with milk allergy/hypersensitivity or for those with suspected milk allergy. This diet eliminates all sources of milk and milk protein, (and is much more restrictive than a low lactose diet designed for children with just lactose intolerance). These instructions should be followed completely unless your physician advises to begin to include milk products.

*Reading food labels for ingredients to avoid is very important in following a milk-free diet.*

### ***Food Ingredients to Avoid***

- Artificial butter flavor
- Butter, butter fat, butter flavored oil
- Buttermilk
- Casein
- Caseinates (ammonium, calcium, magnesium, potassium, sodium)
- Cheese of all types including cheese flavor, cheese sauces, cottage cheese, cream cheese
- Curds
- Custard
- Ghee
- Goat's milk (unless otherwise directed by your doctor)
- Half-and-half
- Hydrolysates (casein, milk protein, whey, whey protein)
- Ice cream, ice cream products
- Lactalbumin, lactalbumin phosphate, lactoglobulin
- Lactate solids
- Lactose (although this is a milk sugar, products with this may also contain milk proteins)
- Malted milk
- Milk: whole, low fat and non-fat
- Milk chocolate
- Milk derivatives: powder, milk protein, milk solids, milk solid pastes
- Nonfat milk solids
- Nougat
- Pudding
- Rennet casein
- Simplesse
- Sour milk solids
- Sweetened condensed milk
- Whey (cured, lactose-free, demineralized, sweet dairy, whey protein concentrate, whey solids)
- Yogurt, frozen yogurt, yogurt powder

### ***Food which may contain milk:***

- Baked products, baked mixes
- Canned fish and meats
- Luncheon meats, hot dogs
- Margarine and spreads
- Nondairy creamers
- Potato mixes
- Salad dressings and sauces