

STRAUB MEDICAL CENTER

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

FOODS 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