



## **MILK ALLERGIES**

### **Eating milk in baked goods**

It is important to eat 1 serving of milk in baked goods per day to maintain tolerance

#### **Where can I find milk in baked goods?**

- **Milk must be baked into flour**
- Store bought products with milk listed as a **MINOR** ingredient (listed closer to the bottom)
- Home baked goods with 1 cup of milk per 1 cup of flour baked at a minimum of 350 degrees for at least 30 minutes (ie waffles, pancakes, muffins, cakes, etc)

#### **What should I avoid?\***

- Avoid all milk products unless as described above
- Uncooked milk
- Cheese
- Ice cream
- Butter
- Yogurt
- Sour cream
- Salad dressings containing milk/dairy
- Chocolate
- Custard
- Icing
- Cream sauces



\*Disclaimer: NOT A COMPLETE LIST please read labels carefully

#### **Since I can eat milk in baked goods do I still need to carry epinephrine?**

- Yes
- Even patients that can tolerate milk in baked goods can get anaphylaxis (severe reaction) to actual milk/dairy.