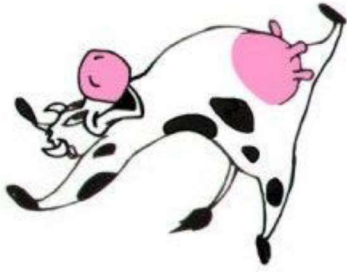


## Your guide to:

# Milk Allergies



Milk allergy results from a hypersensitivity of the immune system to the protein in cow's milk. Symptoms occur within minutes of ingesting milk. Therefore milk and milk products must be avoided and you must carry epinephrine.

**\*NOTE\*** Lactose intolerance is NOT a milk allergy and does not require epinephrine.

## What are different milk products to avoid? (not a complete list)

- Cheese
- Yogurt
- Sour cream
- Buttermilk
- Butter
- Goats milk (90% cross-reactivity)

## The doctor said I need to read labels, are there other names for milk?

- Casein
- Whey
- Caseinates
- Lactalbumin, lactoglobulin
- Soy cheese often contains milk

## Can I outgrow my allergy?

- 80% of patients can outgrow their milk allergy, however you need to be re-tested by an allergist and **only under medical supervision** should milk be introduced. **DO NOT TRY MILK WITHOUT MEDICAL SUPERVISION.**

## Can I eat milk in baked goods?

- If you are **already** eating them **continue** to do so at LEAST 3x/week to maintain a tolerance.
- But 20% of milk allergic patients cannot eat milk in baked goods
- So if you are **not** already eating milk in baked goods, discuss this with your allergist **first. Do NOT try on your own.**

## So how am I supposed to enjoy foods that are made with milk?

- There are **milk substitutes** that can be used when baking:
  - Liquid soy milk: 1/2 cup soy milk + 1/2 cup water = 1 cup milk
  - Coffee Rich
  - Celeb & Fleishmans margarine

## How am I supposed to get calcium?

- Calcium supplements
- Foods that contain calcium:
  - Spinach
  - Sardines
  - Salmon with bones
  - Broccoli
  - White, red beans
  - Bok choy