

Guidelines for Managing Food Allergies

Milk Allergies

Remember to **ALWAYS** read food labels carefully and watch for **hidden allergens**. Hidden allergens are ingredients derived from or containing major food allergens with common names that may be unfamiliar to consumers. **Foods or ingredients to AVOID if allergic to milk:** (This is not an exhaustive list.)

Almond Butter	Margarine with milk solids
Butter	Milk
Calcium caseinate	Milk chocolate
Casein/Caseinate	Nonfat milk solids
Cottage cheese/Cheese	Sodium caseinate
Cream/Creamed Foods	Whey
Custards and puddings	Yogurt
Lactose/Lactoalbumin	

Substitutes

Coconut milk	Oat milk
Broth, in sauces or soups	“Parve” or “pareve” foods
Hemp milk	Rice milk
Juices, in baked goods	Soy formulas
Lactose-free products	Soy milk
Nut milks	Tofu

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Alternative food sources that provide important nutrients if avoiding milk

Protein: Meats, poultry, fish,
eggs, dried beans, peanut
butter

Calcium: Spinach, collards,
kale, turnip greens, broccoli,
bok choy, soybeans,
tofu (made with calcium
sulfate), mustard greens,
canned salmon with bones
(they're soft!), corn tortillas,
blackstrap molasses

Riboflavin (a B-vitamin):
Mushrooms, beet greens,
spinach, broccoli, romaine
lettuce, bok choy, asparagus,
dried peaches, fortified
cereals

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