

## Milk Allergy

Your child should not drink milk or eat foods that have milk. Including cow's milk, goat milk, or sheep milk.

Read all food labels and do not feed your child anything that has milk.

### The following words, when found on food labels, mean that a product has milk

- Butter
- Butter flavor
- Butterfat
- Butter oil
- Buttermilk
- Casein (in all forms)
- Caseinates
- Cheese
- Condensed milk
- Cream
- Curds
- Evaporated milk
- Ghee
- Goat milk
- Half and half
- Ice cream
- Kefir
- Lactalbumin
- Lactoglobulin
- Malted milk
- Milk (non-fat, low-fat, whole)
- Milk powder
- Milk protein
- Milk solids
- Milk sugar
- Milk fat
- Rennet
- Whey (in all forms)
- Yogurt

### Many foods have or might have milk, including

- Milk products: butter, cream, cheese, cottage cheese, condensed/evaporated milk, ice cream, carnation instant breakfast or nutrition supplements with milk protein
- Artificial butter flavor
- Baked goods (cookies, cakes, pies, muffins)
- Pancakes and waffles
- Casseroles, ravioli, pizza with cheese
- Crackers or chips
- Creamy salad dressings and sauces (Caesar, ranch, Hollandaise)
- Custards, creams, frostings, mousse, pudding, caramel, nougat
- Candies, mainly those with milk chocolate
- Luncheon meats, hot dogs, and sausages
- Margarine
- 'Non-dairy' labeled on the front package of some products

### These words do not mean that the food product has milk

- Lactic acid
- Lactylate
- Lactate

## Are all milk-alternatives made the same?

It is important to choose a milk-alternative that has the right amount of calories, protein, fat, calcium, and vitamin D for your child.

### Importance of Calcium and Vitamin D

These nutrients are needed for normal growth and care of bones throughout your child’s life.

Most milk-alternatives have added calcium and vitamin D, but you should double check by looking at the food label to find out if a product is fortified (nutrients are added to it). Amounts of each nutrient may differ by brand and type of milk.

**You should not make your own milk at home.**

### Information for each kind of milk

Milk Product Nutrition per 8 oz (240 mL)	Calories	Protein (grams)	Fat (grams)	Calcium (mg)	Vitamin D (IU)
<b>Cow’s milk, whole</b>	150	8	8	300	100
<b>Silk Nut Protein Milk, original</b>	130	10	8	450	100
<b>Soy Milk, original</b>	110	8	4.5	450	120
<b>Ripple Milk (pea protein)</b>	90	8	4.5	465	240
<b>Ripple Kids (pea protein)</b>	140	8	8	455	240
<b>Oat Milk, original</b>	90	2	3.5	450	280
<b>Almond Milk, original</b>	60	1	2.5	450	200
<b>Cashew Milk, original</b>	60	<1	2.5	450	200
<b>Rice Milk, original, enriched</b>	120	1	2.5	300	200
<b>Coconut Milk, original</b>	70	0	4.5	460	80
<b>Flax Milk, original</b>	50	0	2.5	300	200

\* Nutrition values can differ between brands. Unsweetened versions will provide less calories. Sweetened version may be high in added sugars.

If your child uses milk as a main source of nutrition, talk with a dietitian to find out which kinds of milk, formula, and nutrient supplements would best support their needs.

### Milk free cooking and baking

- You can use any kind of milk-alternative product to replace cow’s milk and other dairy ingredients when cooking and baking.
- Use a 1:1 replacement ratio: if the recipe calls for 1 cup of dairy milk, you can use 1 cup of non-dairy milk instead.