

Milk Allergy

Do not eat milk or foods that have milk. This means cow's milk as well as milk from other animals, such as goats and sheep.

Read the food label and do not eat any foods that have milk. These words 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

Know that many foods have or might have milk:

- 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

While these words are like those listed above, they 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.

Why are Calcium and Vitamin D important? These nutrients are needed for normal growth and care of bones throughout one’s life.

While most milk-alternatives have added calcium and vitamin D, you should double check by looking at the food label to find out if a product is fortified. This means 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)
Cow’s milk, whole	150	8	8	300	100
Silk Nut Protein Milk, original	130	10	8	450	100
Soy Milk, original	110	8	4.5	450	120
Ripple Milk, original	90	8	4.5	465	240
Oat Milk, original	90	2	3.5	450	280
Almond Milk, original	60	1	2.5	450	200
Cashew Milk, original	60	<1	2.5	450	200
Rice Milk, original, classic	120	1	2.5	20	0
Rice Milk, original, enriched	120	1	2.5	300	200
Coconut Milk, original	70	0	4.5	460	80
Flax Milk, original	50	0	2.5	300	200

* Nutrition values can differ between brands. Unsweetened versions will provide less calories.

Children who use milk as a main source of nutrition should talk to 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.