

Women's & Children's Hospital

Cow's Milk, Egg, Wheat and Nut Free Diet



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Women's
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Cow's milk, egg, wheat and nut free diet

This booklet is for children who need a cow's milk, egg, wheat and nut free diet for treatment of allergies to these foods. A food allergy is a reaction to a protein in a food that is caused by the body's immune system.

Most children will 'grow out' of their allergy to cow's milk, egg and wheat. Some will outgrow their nut allergy.

Cow's milk should only be avoided when absolutely necessary. It is a good source of energy, protein and the main source of calcium in the diet.

Make sure you arrange regular follow-up with your doctor and dietitian. As your child gets older your doctor will let you know when it is safe to challenge your child with cow's milk, egg, wheat and nuts. Food challenges are important to check if the diet is still needed. Do not challenge food until directed by your doctor.

Milk substitutes

Cow's milk provides protein, calcium and energy in the diet. If your child cannot drink cow's milk or cow's milk based formula they will need a milk substitute.

You can use the milk substitute on cereal and in cooking. If your child will not drink enough of the milk substitute, they will need a calcium supplement. Discuss this with your dietitian.

Name of milk substitute: _____

Rice milk and oat milk are low in energy, protein and nutrients. Not all rice and oat milks have added calcium. These should not be used for young children unless advised by your doctor.

Manufactured foods

Your child must avoid all foods and drinks that contain cow's milk, egg, wheat and nuts.

In Australia manufacturers must state the presence of cow's milk, wheat, egg and nuts in a product. Carefully check the labels of any manufactured foods that you buy for the presence of cow's milk, egg, wheat and nuts in the ingredient list. Check every time, even if you have bought that product before. The ingredient lists are a guide only as manufacturing practises can change. Check with the manufacturer if you are not sure.

Avoid these ingredients:

The following label names indicate the presence of cow's milk:

- | | | |
|-----------------------|--------------------|---------------------|
| > Milk | > Lactoacidophilus | > Yoghurt |
| > Non fat milk solids | > Margarine | > Ice cream |
| > Milk solids | > Butter | > Curds |
| > Milk powder | > Butter oil | > Ghee |
| > Condensed milk | > Buttermilk | > Beverage whitener |
| > Evaporated milk | > Cheese | > Chocolate |
| > Whey | > Rennet | > Butter fat |
| > Casein or caseinate | > Cream | > Lactose |
| > Lactalbumin | > Custard | |

The term 'natural flavourings' on a food label can mean they are milk or soy based flavourings. This should be declared on the label, e.g. natural flavouring (milk/soy).

The following label names indicate the presence of egg:

- | | | |
|----------------|------------------|---------------------|
| > Egg | > Albumin | > Simplesse |
| > Egg white | > Apovitellin | > Globulin |
| > Egg yolk | > Ovomucin | > Avidin |
| > Egg powder | > Ovalbumin | > Livetin |
| > Egg protein | > Ovomuroid | > Silici albuminate |
| > Dried egg | > Ovmuxoid | > Lysozyme |
| > Egg lecithin | > Ovglycoprotein | > Flavoproteins |
| > Egg solids | > Ovovitellin | |
| > Meringue mix | > Vitellin | |

Additive lecithin (322) may be made from egg – in most children with egg allergy this additive is tolerated.

The following label names indicate the presence of wheat:

- > Wheat
- > Wheat starch
- > Wheat flour
- > Wheat germ
- > Wheat bran
- > Wheaten cornflour
- > Semolina
- > Cous cous
- > Gluten
- > Flour
- > Farina flour
- > Durum flour
- > Bakers flour
- > Cake flour
- > Laubina
- > Bulgar
- > Minchin
- > Spelt
- > Triticale
- > Kamut
- > Bal ahar
- > Superamine
- > Matzo
- > Seitan
- > Rye
- > Rye flour
- > Malt
- > Malt extract

The following additives are usually tolerated by children with wheat allergy:

- > Modified starch
- > Maltodextrin
- > Dextrin
- > Additives 1400–1450
- > Caramel (from wheat)
- > Glucose (from wheat)

The following label names indicate the presence of nuts:

Peanuts:

- > Arachis oil
- > Beer nuts
- > Ground nuts
- > Madelonas
- > Monkey nuts
- > Nu-nuts
- > Peanut sprouts
- > Goober nuts
- > Nut meat

Other nuts:

- > Almond
- > Brazil nuts
- > Hazelnuts / filberts
- > Walnuts
- > Carponata
- > Gianduja
- > Shea nuts
- > Candle nut
- > Macadamia
- > Pistachio nut
- > Pecans / mashuga
- > Hickory nuts
- > Indian nuts
- > Natural nut extract
- > Chestnut
- > Mixed nuts
- > Pine nut
- > Artificial nuts
- > Nan-gai nuts

Coconut and nutmeg are not nuts and should be tolerated.

Milk and milk products

Allowed	Check on	Not allowed
<ul style="list-style-type: none"> > Milk substitute > Custard and milk desserts made with milk substitute and no egg or wheat > Soy formula > Soy milk > Rice milk > Oat milk (if oats are tolerated) 	<ul style="list-style-type: none"> > Soy yoghurt > Soy cheese > Soy ice cream 	<ul style="list-style-type: none"> > Cow's milk: <ul style="list-style-type: none"> – Fresh – Powdered – Evaporated – Condensed – UHT milk – A2 milk > Goats milk, goats cheese > Cheese > Yoghurt > Cream > Ice cream > Custard (commercial) > Fromage frais > Ordinary milk > Desserts > Butter > Margarine (except milk-free)

Bread and cereal products

Allowed	Check on	Not allowed
<ul style="list-style-type: none"> > Baby rice cereal > Rice > Flour – corn, rice, potato, soy > Rice and corn based pasta and noodles (check no egg) > Cornmeal, polenta, cornflour > Sago, tapioca, millet, buckwheat, sorghum amaranth, quinoa > Commercial wheat free flours e.g. Orgran > Homemade biscuits and cakes with allowed ingredients > Egg replacers e.g. Orgran 'No Egg' 	<ul style="list-style-type: none"> > Rice and corn based breakfast cereals > Rice and corn based cracker biscuits > Rice and corn based sweet biscuits > Wheat free bread (may contain milk or egg) > Baking powder > Rice and corn based muesli bars > Barley*, oats* *Barley and oats contain slightly different proteins to wheat and may need to be avoided. Discuss with your allergy doctor or dietitian. 	<ul style="list-style-type: none"> > Ordinary bread, pasta and noodles > Spelt bread (sometimes incorrectly labelled 'wheat free') > Wheat flour > 'Wheaten' cornflour > Semolina > Rusks > Canned spaghetti with cheese > Bought cakes, donuts, buns, scones, pastries > Cake or biscuit mixes > Glazed products > High protein cereals

Meat, chicken, fish, eggs, legumes

Allowed	Check on	Not allowed
<ul style="list-style-type: none"> > Meat > Fish > Chicken > Pulses and legumes 	<ul style="list-style-type: none"> > Processed meat or chicken products, e.g. fritz, sausages, hot dogs > Canned tuna > Meat or fish paste 	<ul style="list-style-type: none"> > Eggs > Sausage rolls > Pies, pasties > Fish fingers > Chicken nuggets > Crumbed or battered food > Baked beans with cheese and tomato sauce

Fruits and vegetables

Allowed	Check on	Not allowed
<ul style="list-style-type: none"> > Vegetables > Fruit <ul style="list-style-type: none"> – Fresh – Dried – Frozen – Juice – Fruit gels 	<ul style="list-style-type: none"> > Fruit bars > Vegetables in tins or packets > Canned soups > Hot chips (wheat) 	<ul style="list-style-type: none"> > Instant mashed potato > Canned vegetables in mayonnaise

Desserts

Allowed	Check on	Not allowed
<ul style="list-style-type: none"> > Homemade desserts with milk substitute > Jelly > Water based iceblocks 	<ul style="list-style-type: none"> > Custard powder > Dessert mixes > Packet and canned desserts 	<ul style="list-style-type: none"> > Ice cream > Custards > Yoghurt > Fromage frais (e.g. Fruche) > Pastry mixes > Soy based desserts

Fats and oils

Allowed	Check on	Not allowed
<ul style="list-style-type: none"> > Milk and soy-free margarine (e.g. Nuttelex) > Oil 		<ul style="list-style-type: none"> > Butter > Ordinary margarine > Cream <ul style="list-style-type: none"> – Reduced cream – Imitation cream – Pressure pack cream > Nut oils

Extras

Allowed	Check on	Not allowed
<ul style="list-style-type: none"> > Sugar, glucose > Honey, jam > Tomato sauce > Herbs, spices, stock cubes, salt, essences > Popcorn > Vegemite, Promite, Marmite 	<ul style="list-style-type: none"> > Baby foods > Soups > Sauces > Salad dressings > Gravy mixes > Stock cubes > Lollies > Dark chocolate > Flavoured potato crisps and savoury snack foods > Snack bars > Muesli bars > Soy sauce (wheat) 	<ul style="list-style-type: none"> > Milk chocolates > Nuts > Peanut paste > Nutella > Cheese flavoured potato crisps and snack foods > Mayonnaise > Coleslaw, tartar sauce > Liquorice

Drinks

Allowed	Check on	Not allowed
<ul style="list-style-type: none"> > Milk substitute > Fruit juice > Vegetable juice > Cocoa > Tea, coffee > Soda water > Mineral water > Tonic water > Soft drink > Cordial 	<ul style="list-style-type: none"> > Milk flavourings (e.g. icecream topping and powdered drink mixes) 	<ul style="list-style-type: none"> > Milk shakes > Malted milks > Flavoured milk > Drinking chocolate > Coffee whiteners

Soy milk and soy products

If using soy milk for a child under 12 months of age, it should be a soy infant formula. From six months of age you can use soy yoghurt and soy custard with added calcium. Calcium fortified soy milks (e.g. So Good Regular™) are suitable from around one year of age.

Soy milk, soy yoghurts and soy custards should have at least 120mg calcium per 100ml or 100g. Many soy products do not have added calcium. If you are not sure ask your dietitian.

Children under three years of age need 500mg of calcium per day. This is about 500ml soy infant formula or 300ml calcium fortified soy milk and 200g soy yoghurt per day

Soy based ice creams are a useful dessert option, but do not always have added calcium. Soy cheese may contain cow's milk protein and may not have added calcium. Always check the ingredients list and label.

Eating out

If your child has a food allergy there is no reason why you should not enjoy eating out.

If your child needs emergency medication (e.g. an EpiPen) they should not eat out unless they have their medication with them.

Order simple dishes such as grilled meats without sauces, steamed vegetables and potato. Fresh fruit is a good option for dessert. Always check with the staff about the ingredients in the dish you want to order. If you are not sure do not order the food.

More information about eating out with food allergies can be obtained from Anaphylaxis Australia. www.allergyfacts.org.au

Cross contamination

For children highly sensitive to wheat be aware of the following sources of wheat contamination:

- > chopping boards,
- > toasters,
- > bread slicers,
- > knives,
- > crumbs in opened containers of butter and margarine.

Adjusting recipes

Milk substitute

You can substitute rice, oat or soy milk for cow's milk.

Egg substitute

You can substitute the following mixture for one egg in many recipes:

1½ tbsp water + 1½ tbsp oil + 1 tsp wheat free baking powder.

Egg replacers such as Orgran 'No Egg'TM may be used for baking cakes, muffins, pikelets and meatballs. They are available from supermarkets and health food shops.

Wheat flour substitute

You can substitute the following mixture for 1 cup of regular wheat flour:

½ cup rice flour + ½ cup potato flour (mixed together).

Formula custard recipe

(This recipe may be made with special formula)

- > 250ml infant formula
- > 2 tbsp cornflour
- > 4 tsp sugar
- > 2 drops vanilla essence

Blend sugar and cornflour in a small amount of formula, then add the rest of the formula. Microwave 3 minutes on high. Stir. If custard is not thick enough, microwave for another minute. Add vanilla essence last.

Pikelet recipe

Ingredients:

- > 1 cup Orgran bread mix
- > 1 tsp egg replacer
- > 1 tbsp sugar
- > ¼ cup water
- > ¼ cup rice milk

Gently mix the egg replacer with the water (as instructed on the packet) to replace the whole egg.

Sift the bread mix into a bowl and stir in the sugar. Make a 'well' in the centre, pour in the rice milk, water and egg-replacer mixture. Gradually stir into dry ingredients to make a smooth batter. Allow to stand for 15 minutes.

Use a non-stick fry pan and brush with oil. Put the heat to 'medium heat'. Drop spoonfuls of batter into the pan and fry. Flip over when bubbles appear and brown the second side.

Continue until the batter is used. Serve with your favourite spread.

The original nutritional and educational content of this booklet has been reviewed by specialist Dietitians at the Children, Youth and Women's Health Service (CYWHS), SA Health. Information in this booklet should not be used as an alternative to professional advice.

Food product information contained in this booklet was up to date at the time of revision. Always check food labels of any commercial products carefully for sources of cow's milk, egg, wheat and nut. If you are not sure about a food, check with the manufacturer.

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