

Women's & Children's Hospital

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



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Women's
& Children's
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Cow's milk, soy, egg and nut free diet

This booklet is for children who need a cow's milk, soy, egg 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, soy and egg. Some will outgrow their nut allergy.

Cow's milk and soy should only be avoided when absolutely necessary. They are good sources of energy and protein and the main sources 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, soy, egg 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 and soy provide protein, calcium and energy in the diet. If your child cannot drink cow's milk, soy milk or cow's milk or soy based formula they will need a milk substitute. There are several cow's milk and soy free formulas available on prescription.

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, soy, egg and nuts.

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

Avoid these ingredients:

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

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

The following label names indicate the presence of soy:

- > Soy or soybean
- > Soy flour
- > Miso
- > Tempeh
- > Endarme
- > Soja
- > Tamri
- > Textured vegetable protein (tvp)
- > Vegetable gum (soy)
- > Thickener (soy)
- > Bulking agent (soy)
- > Soy lecithin*
- > Soy protein
- > Soy sauce
- > Tofu
- > Natto
- > Okara
- > Yubar
- > Soy protein isolate or concentrate
- > Hydrolysed vegetable protein (hvp)
- > Vegetable starch (soy)
- > Emulsifier (soy)
- > Soybean oil*

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).

* Soy oil and soy lecithin are usually tolerated by children with soy allergies. Check with your dietitian if you are not sure about products containing these ingredients.

The following label names indicate the presence of egg:

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

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 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 > Rice milk > Oat milk 		<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) > Soy formula > Soy milk > Soy custard > Soy yoghurt > Soy ice cream > Soy cheese

Bread and cereal products

Allowed	Check on	Not allowed
<ul style="list-style-type: none"> > Baby rice cereal > Rice > Flour – wheat, corn, rice, potato > Pasta, noodles (check no egg) > Cornmeal, polenta > Sago, semolina > Tapioca, barley > Oats, bran > Homemade biscuits and cakes with allowed ingredients > Egg replacers e.g. Orgran 'No Egg' > Milk and soy free bread 	<ul style="list-style-type: none"> > Breakfast cereals > Dry cracker biscuits > Sweet biscuits > Muesli bars > Snack bars 	<ul style="list-style-type: none"> > Bread (containing soy flour) > Soy flour > Soy noodles > Egg noodles > 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 (other than soy) <ul style="list-style-type: none"> – discuss with your doctor 	<ul style="list-style-type: none"> > Processed meat or chicken products, e.g. fritz, sausages, hot dogs > Fish fingers > Chicken nuggets > Canned tuna > Meat or fish paste > Crumbed or battered food 	<ul style="list-style-type: none"> > Eggs > Sausage rolls > Pies, pasties > Baked beans with cheese and tomato sauce > Vegetarian soy foods > Textured vegetable protein (TVP) > Soybeans > Tofu

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 	<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 > Pastry mixes 	<ul style="list-style-type: none"> > Ice cream > Custards > Yoghurt > Fromage frais (e.g. Fruche) > Soy yoghurt

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 > Soybean oil

Extras

Allowed	Check on	Not allowed
<ul style="list-style-type: none"> > Sugar, glucose > Honey, jam > Tomato sauce > Herbs, spices, stock cubes, salt, essences > 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 	<ul style="list-style-type: none"> > Milk chocolates > Nuts > Peanut paste > Nutella > Other nut pastes > Satay sauce > Pesto > Marzipan > Praline > Cheese flavoured potato crisps and snack foods > Mayonnaise > Coleslaw, Tartar sauce > Soy sauce > Tempeh > Miso > Natto

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 > Flavoured soy drinks

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

Adjusting recipes

Milk substitute

Use rice or oat milk instead of soy or 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 baking powder.

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

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 three minutes on high. Stir. If custard is not thick enough, microwave for another minute. Add vanilla essence last.

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, soy egg and nut. If you are not sure about a food, check with the manufacturer.

Produced by

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