

Women's & Children's Hospital

# Cow's Milk and Soy Free Diet



Government  
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Women's  
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Hospital



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## Cow's milk and soy free diet

This booklet is for children who need a cow's milk and soy 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 allergies to cow's milk and soy.

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 and soy. Food challenges are important to check if the diet is still needed. Do not challenge foods 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 and soy.

In Australia food manufacturers must state the presence of cow's milk and soy in a product. Carefully check the labels of any foods that you buy for the presence of cow's milk and soy 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. Check with the manufacturer if you are not sure.

### Avoid these ingredients:

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

- |                       |              |
|-----------------------|--------------|
| > Milk                | > Buttermilk |
| > Non fat milk solids | > Cheese     |
| > Milk solids         | > Rennet     |
| > Milk powder         | > Cream      |
| > Condensed milk      | > Custard    |
| > Evaporated milk     | > Yoghurt    |

- > Whey
- > Casein or caseinate
- > Lactalbumin
- > Lactoacidophilus
- > Margarine
- > Butter
- > Butter oil
- > 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.

## Milk and milk products

Allowed	Check on	Not allowed
<ul style="list-style-type: none"> <li>&gt; Milk substitute</li> <li>&gt; Custard and milk desserts made with milk substitute</li> <li>&gt; Oat milk</li> <li>&gt; Rice milk</li> </ul>		<ul style="list-style-type: none"> <li>&gt; Cow's milk:               <ul style="list-style-type: none"> <li>– Fresh</li> <li>– Powdered</li> <li>– Evaporated</li> <li>– Condensed</li> <li>– UHT milk</li> <li>– A2 milk</li> </ul> </li> <li>&gt; Goats milk, goats cheese</li> <li>&gt; Cheese</li> <li>&gt; Yoghurt</li> <li>&gt; Cream</li> <li>&gt; Ice cream</li> <li>&gt; Custard (commercial)</li> <li>&gt; Fromage frais</li> <li>&gt; Ordinary milk</li> <li>&gt; Desserts</li> <li>&gt; Butter</li> <li>&gt; Margarine (except milk-free)</li> <li>&gt; Soy formula</li> <li>&gt; Soy milk</li> <li>&gt; Soy custard</li> <li>&gt; Soy yoghurt</li> <li>&gt; Soy ice cream</li> <li>&gt; Soy cheese</li> </ul>

## Bread and cereal products

Allowed	Check on	Not allowed
<ul style="list-style-type: none"> <li>&gt; Baby rice cereal</li> <li>&gt; Rice</li> <li>&gt; Flour - wheat, corn, rice, potato</li> <li>&gt; Pasta, noodles</li> <li>&gt; Oats</li> <li>&gt; Cornmeal</li> <li>&gt; Sago, semolina</li> <li>&gt; Tapioca</li> <li>&gt; Barley</li> <li>&gt; Bran</li> <li>&gt; Homemade biscuits and cakes with allowed ingredients</li> <li>&gt; Milk and soy free bread</li> </ul>	<ul style="list-style-type: none"> <li>&gt; Bread (may contain soy flour)</li> <li>&gt; Breakfast cereals</li> <li>&gt; Dry cracker biscuits</li> <li>&gt; Sweet biscuits</li> <li>&gt; Muesli bars</li> <li>&gt; Snack bars</li> </ul>	<ul style="list-style-type: none"> <li>&gt; Soy flour</li> <li>&gt; Rusks</li> <li>&gt; Canned spaghetti with cheese</li> <li>&gt; Bought cakes, donuts, buns, scones, pastries</li> <li>&gt; Cake or biscuit mixes</li> <li>&gt; High protein cereals</li> <li>&gt; Soy noodles</li> </ul>

## Meat, chicken, fish, eggs, legumes

Allowed	Check on	Not allowed
<ul style="list-style-type: none"> <li>&gt; Meat</li> <li>&gt; Fish</li> <li>&gt; Chicken</li> <li>&gt; Eggs</li> <li>&gt; Pulses and legumes (other than soy) – discuss with your doctor.</li> </ul>	<ul style="list-style-type: none"> <li>&gt; Processed meat or chicken products e.g. fritz, sausages, hot dogs</li> <li>&gt; Fish fingers</li> <li>&gt; Chicken nuggets</li> <li>&gt; Meat or fish paste</li> <li>&gt; Canned tuna</li> <li>&gt; Crumbed or battered food</li> </ul>	<ul style="list-style-type: none"> <li>&gt; Sausage rolls</li> <li>&gt; Pies, pasties</li> <li>&gt; Baked beans with cheese and tomato sauce</li> <li>&gt; Vegetarian soy foods</li> <li>&gt; Textured vegetable protein (TVP)</li> <li>&gt; Soybeans</li> <li>&gt; Tofu</li> </ul>

## Fruit and vegetables

Allowed	Check on	Not allowed
<ul style="list-style-type: none"> <li>&gt; Vegetables</li> <li>&gt; Fruit               <ul style="list-style-type: none"> <li>– Fresh</li> <li>– Dried</li> <li>– Frozen</li> <li>– Juice</li> <li>– Fruit gels</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>&gt; Vegetables in tins or packets</li> <li>&gt; Canned soups</li> <li>&gt; Fruit bars</li> </ul>	<ul style="list-style-type: none"> <li>&gt; Instant mashed potato</li> <li>&gt; Canned vegetables in mayonnaise</li> </ul>

## Desserts

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

## Fats and oils

Allowed	Check on	Not allowed
<ul style="list-style-type: none"> <li>&gt; Milk and soy-free margarine (e.g. Nuttelex)</li> <li>&gt; Oil</li> </ul>	<ul style="list-style-type: none"> <li>&gt; Custard powder</li> <li>&gt; Dessert mixes</li> <li>&gt; Packet and canned desserts</li> <li>&gt; Pastry mixes</li> </ul>	<ul style="list-style-type: none"> <li>&gt; Butter</li> <li>&gt; Ordinary margarine</li> <li>&gt; Cream               <ul style="list-style-type: none"> <li>– Reduced cream</li> <li>– Imitation cream</li> <li>– Pressure pack cream</li> </ul> </li> <li>&gt; Soybean oil</li> </ul>

## Extras

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

## Drinks

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

## 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](http://www.allergyfacts.org.au)

## Adjusting recipes

### **Milk substitute**

Use rice or oat milk instead of cow's milk or soy.

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

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