

Women's & Children's Hospital

Cow's Milk Free Diet



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Cow's milk free diet

This booklet is for children who need a cow's milk 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.

Cow's milk should only be avoided when absolutely necessary. It is a good source of energy and 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. 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 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.

In Australia food manufacturers must state the presence of cow's milk in a product. Carefully check the labels of any foods that you buy for the presence of cow's milk 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
- > 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 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 (cow's milk).

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 > Rice milk > Soy milk > Soy custard > Soy ice cream 	<ul style="list-style-type: none"> > Soy yoghurt > Soy cheese 	<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 – wheat, corn, rice, soy and potato > Pasta, noodles > Cornmeal > Sago, semolina > Tapioca, barley > Oats, bran > Homemade biscuits and cakes with allowed ingredients 	<ul style="list-style-type: none"> > Bread > Breakfast cereals > Muesli bars > Dry cracker biscuits > Sweet biscuits > Snack bars 	<ul style="list-style-type: none"> > French toast > Rusks > Canned spaghetti with cheese > Bought cakes, donuts, buns, scones, pastries > Cake or biscuit mixes > Glazed products

Meat, chicken, fish, eggs, legumes

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

Fruit 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"> > Vegetables in tins or packets > Canned soups > Fruit bars 	<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 ice-blocks 	<ul style="list-style-type: none"> > Custard powder > Dessert mixes > Packet and canned desserts > Pastry mixes 	<ul style="list-style-type: none"> > Icecream > Custards > Yoghurt > Fromage frais (e.g. Fruche)

Fats and oils

Allowed	Check on	Not allowed
<ul style="list-style-type: none"> > Milk-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

Extras

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

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 ok to use 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

Adjusting recipes

Milk substitute

You can substitute rice, oat or soy milk for cows milk.

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

Produced by

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