

---

## Egg / Milk - Cow's/Peanut-Free Diet Sheet

---

Please use this diet sheet under the supervision of a registered dietitian

### Foods Allowed

**Milk and Dairy:** No milk or milk products are allowed in a milk free diet.

The following can be seen as substitutes for milk:

Soy Milk  
Soy infant formula  
Hydrolysate formula  
Coconut milk  
Milk-free margarine  
Milk-free soy bean cake.  
Dips (made with allowed ingredients).

**Bread and Cereal:** Bread, buns, cereals or baked products made without milk, egg and/or peanuts or products thereof.  
Soda Crackers  
Plain cooked grains  
Ready-to-eat cereals made without egg or milk.  
Egg-free pasta  
Egg and milk-free baking mixes.  
Breads and cereals that do not contain milk, egg, peanut or products thereof.  
Popcorn.

Some whole wheat bread  
Some rye bread  
Soda crackers  
Bagels  
Pasta  
Plain cooked cereal  
Plain flours  
Plain starches.

**Vegetables:** All vegetables and their juice extracts are allowed in an egg/milk and peanut free diet unless prepared or combined with egg, milk and/or peanuts (see specific foods restricted - vegetables).

**Legumes:** All legumes are allowed in an egg, milk and peanut free diet unless prepared or combined with egg, milk and/or peanut (see specific foods restricted - legumes).

Plain tofu  
Soya cream  
Miso

**Fruit:** All fruit and their juice extracts are allowed in an egg, milk and peanut free diet unless prepared or combined with egg, milk and/or peanut (see specific foods restricted - fruit).

**Meat, Poultry and Fish:** All fresh, frozen or canned meat, poultry and fish unless prepared or combined with egg, milk and/or peanut e.g. Battered or crumbed with eggs.

Processed meats (not prepared with egg, milk or products of milk and/or peanut).

**Nuts and Seeds:** All plain nut and seeds.  
All pure tree nut and seed oils and their butters  
Sesame butter  
Tahini butter  
Almond butter  
Almond paste  
Cashew butter.

**Fats and Oils:** Shortening  
Pure vegetable oil  
Lard & meat drippings  
Gravy (milk free)  
Pure vegetable oils  
Margarines (milk free)  
Margarines (low sodium, no salt)

**Spices and Herbs** All spices and herbs are allowed.

**Miscellaneous:** Tea, herbal tea, coffee  
Carbonated beverages.  
All artificial sweeteners except those containing lactose.  
Plain sugar  
Honey  
Molasses  
Maple syrup  
Corn syrup  
Cocoa  
Homemade cookies and candies (prepared with allowed ingredients).

#### General Foods Restricted

**Milk and Dairy:** Frozen desserts (containing egg).  
Avoid all milk and milk products  
Acidophilus milk  
Artificial butter  
Cheese food and cheese flavour  
Cream, ghee  
Cultured milk  
Milk fat, milk protein  
Yoghurt powder  
Buttermilk solids  
Nonfat milk solids, milk solid paste.

#### *Specific foods*

Amasi  
Bologna  
Butter (dairy)  
Buttermilk  
Cheese - Cottage, creamed  
Cheese Spread  
Cheese Spread - Reduced fat  
Chocolate  
Chocolate confectionery  
Chocolate products  
Cocoa and milk  
Dessert (milk)  
Dessert (powdered, milk)  
Drinks (chocolate, powder)  
Ice cream  
Ice cream cone / Comet

Infant formula / Infant milk / Hydrolysate  
Malted milk powder  
Milk - alpha lactalbumin  
Milk - beta-lactoglobulin  
Milk - boiled  
Milk - cow's (processed)  
Milk - cow's milk formula  
Milk - curds  
Milk - dried  
Milk - powder (Alfare, Nestle)  
Milk - whey  
Milk (condensed)  
Milk (dried, vending machines)  
Milk (evaporated)  
Milk (fermented)  
Milk (flavoured)  
Milk (powdered)  
Milk (skim)  
Milk (solids)  
Milk products  
Milkshake  
Yoghurt / Yogurt / Joghurt

---

**Bread and Cereal:** Commercial or homemade bread, buns and baked goods made with egg, milk and/or peanut oil, peanuts or undisclosed nuts and oils  
Instant oatmeal.

All baking mixes containing egg, milk, peanut or baking powder

Egg noodles and macaroni

Cake flour

Creamy fillings

Breakfast cereals made with egg

French toast.

***Specific foods***

Baked goods

Biscuits / Cookies

Bread (seeds, spice, health)

Breakfast cereal / Porridge / Cereals (enriched)

Cereal Mixes

Chocolate biscuits

Drinks (fermented malt)

Pasta

Pastry / Pastries

Scones

---

**Vegetables:** Vegetable dishes made with egg, milk and or peanuts, peanut oil or peanut sauces.

***Specific foods***

Battered vegetables

Breaded vegetables

Burger (vegetable)

Creamed vegetables

Mashed vegetables

Potato (instant, mashed)

---

Scalloped Vegetables

**Legumes:** Legume dishes prepared with egg, milk and/or peanut, peanut oil and peanut sauces.

**Specific foods**

Peanut butter

**Fruit:** Lemon curd.  
No fruit is restricted (unless prepared or combined with milk or products of milk).

Fruit dishes made with oil or shortening or nuts and peanuts or nuts of unknown origin.

**Meat, Poultry and Fish:** Meat, poultry and fish prepared or combined with egg, milk and/or peanut or peanut products or undisclosed nuts or oils.

Check labels on processed meat

**Specific foods**

Battered meat, poultry and fish

Breaded meat, poultry and fish

Cold cuts

Creamed meat, poultry and fish

Egg - ovomucoid

Egg - white

Egg - yolk

Egg (processed / extender)

Egg (scrambled mix)

Egg products

Egg roll

Eggnog

Meat (hamburger patties)

Meat (salami sausage)

Meat (sausage)

Meat loaf

Scotch eggs

Shrimp - cooked (Crustacea)

Wieners

**Nuts and Seeds:** Peanuts.  
Nuts and seeds glazed, or in baked goods with egg.  
No nuts and seeds are restricted (unless prepared or combined with milk or products of milk).

**Specific foods**

Almond icing

Nuts

Nuts (reflavored)

**Fat and Oils:** Salad dressings that list egg in any form as an ingredient.

Real mayonnaise

Fat substitutes

Butter

Margarine containing whey or milk

Salad dressings containing milk or milk products.

**Specific foods**

Almond icing

Nuts

Nuts (reflavored)

**Spice and Herbs:** No herbs or spices are restricted.

**Miscellaneous:** Bearnaise sauce  
Binders  
Bouillon  
Candy / sweets  
Eggnog  
Hollandaise Sauce  
Marshmallows  
Protein powder  
Provitamin A  
Souffles  
Some gravies  
Ammonium caseinate  
Potassium caseinate  
Sodium caseinate  
Magnesium caseinate  
Whey hydrolysate  
Whey protein hydrolysate  
Casein hydrolysate  
Milk protein hydrolysate.  
African dishes  
Chinese dishes  
Thai dishes  
Vietnamese dishes.

***Specific foods***

Batter / Battered food  
Cake (sponge)  
Cakes  
Cakes (pre-packed mix)  
Coffee whiteners / Coffee creamer  
Custard  
Custard icing  
Custard powder (instant)  
Fudge  
Granola  
Halva / Halvah  
Hot milk puddings  
Icing toppings  
Lemon curd  
Marshmallow  
Marzipan / Almond paste  
Meringue  
Muesli  
Nougat  
Oriental food  
Pudding (pre-packed, sponge)  
Pudding / Dessert  
Pudding / Dessert mix  
Sandwich spread  
Satay sauce  
Simplese  
Skin cream / moisturiser  
Soap (oil part)

Sorbet  
Soup  
Soup (canned)  
Soup (concentrates)  
Soup (flavouring)  
Soup (packet mix)  
Sweets / Candy  
Toppings  
Vaccine  
Vitamin supplement  
Waffle  
White sauce  
Wide range food

**Unreferenced  
Sources / Other:**

Apovitellin  
Bread (some may contain egg, e.g., kitke bread)  
Certain cereal beverages are egg-free while others contain eggs, so check labels  
Croquettes (some may use egg as a binder)  
Egg may be used as a clarifier in consommé, soft drinks or beer and wine, so it is safer to make your own stock.  
Malted and chocolate drinks - read labels  
Ovoglobulin  
Ovotrans-ferrin  
Processed meat (some may use egg as a binder) e.g. meat loaves, sausages  
Salad dressings (if egg is an ingredient)  
Salads containing egg  
Cereals that contain milk or milk solids as an ingredient.  
Commercial baking mixes.  
Salad Dressing (containing milk or products of milk).  
Sweetener/sugar substitutes containing lactose.  
Acid whey, cured whey, whey protein, whey solids, delactosed whey, hydrolyzed whey, demineralised whey, sweet dairy whey, whey concentrate..  
Cheese (especially slices, dips and spreads)  
Chocolate (uncommon)  
Commercial chili  
Ice-cream with added oils or nuts of undisclosed origin  
Packed garlic in oil (undisclosed source)  
Packed sun-dried tomatoes in oil (undisclosed source)  
Seasoning packets with undisclosed oils.

**Ingredient terms to avoid on labels**

**Label Alerts**

**CHECK LABELS ON ALL PROCESSED FOODS** - if a food label is absent, unclear or vague it is best to avoid it. Read all labels, even familiar brands, as manufacturers may change suppliers or ingredients.

Many manufacturers use egg to coat the outside of food such as baked products and deli meats - this may not appear on the labels.

Kosher foods and vegan foods are milk free. The words "parve" or "parve" indicate a product is milk free.

Check labels for production line contamination. Avoid foods with vague label information and undisclosed sources of nuts and oils.

## Substitutes

### Nutritional Substitutes

Just eliminating eggs from your diet does not cause vitamin or mineral deficiencies. Deficiencies in an egg free diet may result from the need to eliminate a lot of grain foods because they are made with egg. The elimination of eggs and grain may result in a deficiency of Vitamin B (thiamin and niacin).

Cow's milk is one of the best sources of Calcium, when excluding Cow's milk from the diet, sufficient alternate sources of calcium should be consumed.

#### Calcium - Daily Reference Intakes (DRI's)

##### Infants

0-6 months 210 mg

7-12 months 270 mg

##### Children

1-3 years 500 mg

4-8 years 800 mg

##### Males

9-13 years 1 300 mg

14-18 years 1 300 mg

19-30 years 1 000 mg

31-50 years 1 000 mg

50-70 years 1 200 mg

>70 years 1 200 mg

##### Females

9-13 years 1 300 mg

14-18 years 1 300 mg

19-30 years 1 000 mg

31-50 years 1 000 mg

50-70 years 1 200 mg

>70 years 1 200 mg

##### Pregnancy

18 years 1 300 mg

19-30 years 1 000 mg

31-50 years 1 000 mg

##### Lactation

18 years 1 300 mg

19-30 years 1 000 mg

31-50 years 1 000 mg

Be aware that certain calcium supplements have a phosphate binding action.

Vitamin D - direct sunlight on the body will allow the body to make its own, fish and fish liver oils are also good sources.

Protein - easily obtainable from poultry, fish, meat, nuts, legumes, whole grains and vegetables.

Iron - obtainable from meat, liver, legumes, raisins, dried apricots and prunes, pumpkin, asparagus, broccoli.

Also check to ensure adequate alternative intake of vitamin A, phosphorous, riboflavin and pantothenic acid.

In general eliminating nuts from your diet does not cause nutritional problems.

## Reminders

Medic Alert

Cross-reactivity

Non-food items, e.g., shampoo, vaccinations, some fur garments, unwashed printed natural

fabrics, sensitized photographic equipment.

It is important to be very aware of peanut cross contamination during food preparation especially in restuarants and preprepared foods.

Free-from Recipes and Related Information