

---

## Milk - cow's-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  
Nut milk  
Milk-free margarine  
Milk-free soy bean cake

**Bread and Cereal:** Breads and cereals that do not contain milk or products of milk.

French bread  
Italian bread  
Some whole wheat bread  
Some rye bread  
Soda crackers  
Bagels  
Pasta  
Plain cooked cereal  
Ready-to-eat cereals  
Plain grains  
Plain flours  
Plain starches

**Vegetables:** All vegetables and their juice extracts are allowed, unless they are prepared or combined with milk or products of milk.

**Legumes:** All plain legumes not prepared in combination with milk or products of milk.

Milk-free tofu  
Plain legumes  
Peanut butter  
Soya cream

**Fruit:** All fruit and their juice extracts are allowed, unless they are prepared or combined with milk or products of milk.

**Meat, Poultry and Fish:** All fresh and frozen meat, poultry and fish  
All egg unless prepared with milk or milk products.

All fresh meat, poultry and fish  
All frozen meat, poultry and fish  
Kosher (parve/pareve) processed meats  
Processed meats (not prepared with milk or products of milk)  
Canned meat, poultry and fish (not prepared with milk or products of milk)  
Plain egg  
Boiled egg  
Fried egg  
Poached egg  
Omelette (prepared without milk or milk products)

Scrambled egg (prepared without milk or milk products)

**Nuts and Seeds:** All plain nuts and seeds  
Popcorn

**Fats and Oils:** Pure vegetable oils  
Margarines (milk free)  
Margarines (low sodium, no salt)  
Real/Pure mayonnaise  
Shortening  
Lard  
Meat Dripping  
Gravy (milk free)

**Spices and Herbs:** All spices and herbs

**Miscellaneous:** All artificial sweeteners except those containing lactose.  
Carob chocolate

#### General Foods Restricted

**Milk and Dairy:** Avoid all milk and milk products  
Milk (whole, 1%, 2%, reduced fat, low fat, nonfat, fat free)  
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  
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:** Breads or baked-products that contain milk or products of milk as an ingredient

***Specific foods***

Chocolate biscuits  
Drinks (fermented malt)  
Scones

---

**Vegetables:** Vegetables are only restricted in a milk free diet if they are prepared or combined with milk or products of milk (See specific food restricted).

***Specific foods***

Battered vegetables  
Breaded vegetables  
Creamed vegetables  
Mashed vegetables  
Potato (instant, mashed)  
Scalloped Vegetables

---

**Legumes:** Legumes are not restricted in a milk free diet unless they are prepared in combination with milk or products of milk (See specific food restricted).

---

**Fruit:** None (unless prepared or combined with milk or products of milk)

---

**Meat, Poultry and Fish:** Meat, poultry (including egg) or fish are not restricted in a milk free diet unless prepared with milk or products of milk.

***Specific foods***

Battered meat, poultry and fish  
Breaded meat, poultry and fish  
Cold cuts  
Creamed meat, poultry and fish  
Meat (hamburger patties)  
Meat (salami sausage)  
Meat (sausage)  
Meat loaf  
Shrimp - cooked (Crustacea)  
Wieners

---

**Nuts and Seeds:** None (unless prepared or combined with milk or products of milk)

---

**Fat and Oils:** Butter  
Margarine containing whey or milk  
Salad dressings containing milk or milk products

---

**Spice and Herbs:** None

**Miscellaneous:** Some gravies  
Ammonium caseinate  
Potassium caseinate  
Sodium caseinate  
Magnesium caseinate  
Whey hydrolysate  
Whey protein hydrolysate  
Casein hydrolysate  
Milk protein hydrolysate  
**Specific foods**  
Batter / Battered food  
Cakes (pre-packed mix)  
Coffee whiteners / Coffee creamer  
Custard  
Custard icing  
Custard powder (instant)  
Fudge  
Hot milk puddings  
Icing toppings  
Pudding (pre-packed, sponge)  
Pudding / Dessert  
Pudding / Dessert mix  
Sandwich spread  
Simplese  
Sorbet  
Soup  
Soup (canned)  
Soup (concentrates)  
Sweets / Candy  
Toppings  
Waffle  
White sauce

**Unreferenced Sources / Other:** 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.

**Ingredient terms to avoid on labels**

Alpha-lactalbumin  
American Cheese  
Artificial butter flavour  
Banon Cheese  
Beta-lactoglobulin  
Bovine Lactoferrin  
Bresse bleu cheese  
Brie  
Brillat-Savarin cheese  
Bucheron Cheese  
Butter  
Butter fat  
Butter oil

Buttermilk  
Buttermilk solids  
Butyric acid  
Cabrales Cheese  
Caerphilly Cheese  
Calcium caseinate  
Carmembert cheese  
Casein  
Casein hydrolysate  
Caseinate  
Chantilly cream  
Cheddar cheese  
Cheese  
Cheese powder  
Cheese spread  
Cheshire  
Chevre Cheese  
Chocolate  
Clotted cream  
Clotted milk  
Condensed buttermilk  
Condensed milk  
Condensed whey  
Cottage cheese  
Cream  
Cream cheese  
Cream powder  
Crème Fraiche  
Curds  
Dairy  
Danish Blue  
Delactosed whey  
Demineralised whey  
Derby Cheese  
Double cream  
Double Gloucester  
Dried milk  
Dry milk solids  
Dry milk solids  
Edam Cheese  
Emmenthal cheese  
Evaporated milk  
Explorateur cheese  
Feta cheese  
Fontina cheese  
Fontina d'Aosta  
Fougeru Cheese  
Full cream milk powder  
Ghee  
Gorgonzola  
Gouda  
Gruyere

Harzer  
Heavy cream  
Hydrolysed casein  
Hydrolysed whey  
Hydrolysed whey proteins  
Hydrolysed whey sugar  
Ice cream  
Jarlsberg  
Kefir (nutritious drink)  
Lactalbumin  
Lactalbumin phosphate  
Lactoglobulin  
Lactic acid  
Lactose  
Lactulose  
Livarot  
Magnesium caseinates  
Malted milk  
Manchego Cheese  
Mascarpone  
Maytag cheese  
Milk  
Milk derivative  
Milk fat products e.g. ice cream  
Milk protein  
Milk solids  
Milk, low-fat  
Milk, non-fat  
Milk, whole  
Milkfat  
Mimolette cheese  
Monterey Jack cheese  
Morbier Cheese  
Mozzarella  
Neufchatel  
Non-fat milk  
Non-fat milk solids  
Oaxaca Cheese  
Olivet Cheese  
Parmesan  
Pasteurised milk  
Pave D'affinois  
Pays de Fau  
Pecorino  
Pont l'Eveque  
Port Salut  
Potassium Caseinate  
Processed cheese  
Provolone cheese  
Pyrennees Cheese  
Red Leicester cheese  
Red Windsor Cheese

Rennet  
Rennet casein  
Ricotta cheese  
Romano cheese  
Roquefort cheese  
Sapsago Cheese  
Scamorze Cheese  
Shopshire Cheese  
Single cream  
Skim milk powder  
Skimmed milk  
Sodium caseinate  
Solids  
Sour cream (or solids)  
Sour cream solids  
Sour milk solids  
St. Albay Cheese  
Stilton cheese  
String Cheese  
Swiss cheese  
Tilsiter cheese  
Vacherin cheese  
Whey  
Whey powder  
Whey powder concentrate  
Whey protein concentrate  
Whey solids  
Whey, sweet  
Whipping cream  
White Cheddar Cheese  
Wisconsin brick cheese  
Yoghurt

#### 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.

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

See <http://AIAAllergy.net> - Food Alerts, and, <http://www.safetyalerts.com>

#### Substitutes

##### MILK

Rice Milk - increases sweetness, so decrease sugar in baked goods.

Almond Milk

Soya milk

Oat milk

Coconut milk

Zucchini milk

Cashew milk (cashew nuts can be ground in a blender and mixed with water to form a cream substitute. Add honey and vanilla extract to taste and dilute further to make cashew milk)

Pecan milk, brazil nut milk, pine nut milk, sunflower seed milk (4-6 tblsp to 2 cups of water).

pumpkin seed milk, sesame seed milk

NB: For nut and seed milks, use 1/2 cup raw nut or seed to 2 cups water unless noted otherwise

Nut milks - blanch nuts and remove skins. Grind in food processor with a little water. Combine with 2-3 times amount of water. Refrigerate for a couple of hours and then strain through cheese cloth.

Horchata (This is a Spanish beverage made with rice, almonds, or chufa.)

Goat's milk (often provokes reactions to people who are already sensitive to cow's milk)

Sheep's milk (may provoke a cross-reaction in those sensitive to cow's milk)

NB. Ensure that these milks are adequately fortified.

Ground almonds and creamed coconut can also be used to substitute cream.

Fruit juice, Herbal tea - they add a spicy fragrance to bread, cake and biscuits

Water

3/4 cup (188 ml) juice or water = 1 cup (250 ml) milk

#### BUTTER

Margarine (some contain small amounts of milk solids)

Tahini - ground sesame seeds (can readily provoke allergy or intolerance)

Sunflower spread

Clarified butter/ghee (tolerated by most milk sensitive people)

Substitute butter in sauces with creamed coconut for certain foods.

Oil - use heavier oils like pure olive oil for frying. Pie dough made with oil will be sand-like, not flaky but it is suitable for pressed pie dough.

3/4 cup (188 ml) oil = 1 cup (250 ml) butter

Vegetable shortening will make a flakier pastry rather than a rolled shell.

#### CHEESE

Goat cheese

Sheep cheese

Soy-based cheese spreads

Tofu

\*Soya, goat and sheep can provoke cross-reactions in people sensitive to cow's milk.

Other options to consider for sandwich fillings besides cheese are: hummus, pate, taramasalata (a Greek dish made with smoked fish roe, olive oil, lemon juice and garlic), Gjetost (Norwegian brown cheese made from milk whey)

#### Nutritional Substitutes

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, egg yolk, 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.

#### Reminders

Medic alert?

Cross reactivity ?

#### Free-from Recipes and Related Information

[http://allallergy.net/recipes/recipes\\_milk.cf](http://allallergy.net/recipes/recipes_milk.cf)