Clinical Nutrition Service
Combined Program in Pediatric Gastroenterology and Nutrition
Children's Hopsital Boston, 300 Longwood Avenue, Boston, Massachusetts 02115

Milk Free Diet

The Milk Free diet is a modification of a normal diet with the elimination of the following ingredients:

Artificial butter flavor
Butter, butter fat, buttermilk
Casein – milk protein
Cascinates (ammonium, calcium, magnesium, potassium, sodium)
Cheese, cottage cheese, curds
Cream
Custard, pudding
Ghee - clarified butter
Half and Half®
Hydrolysates (casein, milk protein, protein, whey, whey protein)
Lactoglobulin
Lactose – sugar in milk
Milk (derivative, protein, solids, malted, dry, condensed, evaporated, whole, low fat, non fat/skim Lactaid™ milk)
Non-dairy creamer (check for casein)
Nougat
Rennet – used to curdle milk (may contain whey)
Sour cream solids
Whey – milk protein (delactosed, demineralized protein)
Yogurt

Ingredients that **may** indicate presence of milk proteins:

Brown sugar flavoring
Caramel flavoring
Chocolate
High protein flour (protein source could be skim milk powder)
Lactic acid starter culture
Margarine (May contain whey)
Natural flavoring
Simplesse® (could be made from eggs or milk protein)

CHECK LABELS: Manufacturers constantly change product recipes. Rechecking labels is very important so you can be sure that the product is milk free.

The following ingredients **do not** contain milk:

Calcium lactate	Lactic acid
Calcium stearoyl lactylate	Oleoresin
Cocoa butter	Sodium lactate
Cream of tartar	Sodium stearoyl lactylate

Noteworthy!

- Parve or Pareve are words that indicate that the product in milk and meat free under Jewish law. It could still have a very small amount of milk in it, and it is important to always check the label. Food Allergy Network (FAN) "no longer recommends relying on Pareve-labeled products for milk-free diets".

- Product labels that have K_D or U_D have milk in them. The ingredient list does not always list the milk source. It can be present due to related cross-contamination from milk-containing product that is produced in the same facility. Some labels are labeled K_{DE}, which indicates that the product is Kosher but made on dairy equipment.

- Medication: certain vitamin and mineral supplements, as well as some prescribed and over-the-counter drugs, contain lactose as filler. Please consult with your doctor or pharmacist for specific information.

- Deli meats often contain whey/casein in the brines that surround the meat in prepackaged products. They may also have whey/casein because for cross-contamination from slicing other meats/cheese products.

Milk and Free Suggestions:

FATS
Kosher margarine (K/parve, Mother's brand), unsalted Mazola margarine, unsalted Fleishmann's stick margarine, lard, vegetable oil, mayonnaise, cocoa butter, Better than Cream Cheese (Tofutti brand), Sour Supreme (Tofutti brand).

FRUITS
All types

MEAT/FISH/POULTRY/EGGS
Plain beef, poultry, fish, pork, lamb, bacon, kosher frankfurters, kosher cold cuts (Morrison & Schiff or Hebrew National), tofu, peanut butter, eggs.

CHEESE
Soy cheese (without sodium caseinates), Soymage® (available at Whole Foods)

POTATO/PASTA/RICE
All except, prepackaged (canned or frozen) in which casein is added to pasta to maintain shape.

SOUPS
Clear canned soups or commercial and homemade soups made with allowed ingredients are allowed. Some clear soups may contain margarine, which usually contains milk products. Be sure to check labels.

BEVERAGES
Fruit juices; carbonated beverages; Kool-Aid; cocoa without added milk solids; Nut Quick (Ener-G-Foods)
Soy Milks - Edensoy® Original, Vitasoy® Light Original, Westsoy® Lite Plain.
Rice Milks - Westbrae® Rice drink, Amazake® Original, Rice Dream

Milk free Infant formulas: Isomil®, Prosobee®, Parent's Choice Soy (available at Walmart only), Next Step Soy

BREAD/CRACKERS
French, Italian, Vienna, flat, Mountain or Syrian bread. Bagels are traditionally milk free but recheck all labels. Aunt Jemima's "The Original Pancake & Waffle Mix" (redbox). Friehoffer's, Kasnof's, and Bouya Fassets bakery's produce a variety of milk free (parve) breads.

Baby Cereals: Earth's Best™ Brown Rice Cereal

CEREALS
Most cereals do not contain milk products in the ingredient list, but often have the U_D symbol which suggests that the product could contain some milk and should be avoided.

SWEETS
Sugar, jams, jellies, syrups, honey, and candies, such as gum drops, and marshmallow cream.

DESSERTS
Gelatin, fruit sorbet, Italian ice, milk-free popsicles. Baked products made with Crisco, oil or ALLOWED margarine; Royal (cook&serve) pudding mix made with appropriate milk substitute. Imagine Foods Dairyfree puddings, Tofutti frozen products.

VEGETABLES
All

<u>MISCELLANEOUS</u>
Mustard, relish, catsup, salt, pepper, spices, soy sauce, cocoa powder, carob powder, potato chips, pretzels (check label for U_D), olives, peanut butter without added milk, plain popcorn, corn chips. White Wave Silk Dairyless Soy Yogurt

Nutritional Adequacy: If the patient is taking a fortified milk substitute, then a further supplement might not be necessary. If a fortified milk substitute is not consumed, the diet might be deficient in calcium, phosphorous and Vitamin D. Supplementation is then necessary.

References

Burks, WA, Sampson, H. Food Allergies in Children; Current Problems in Pediatrics, July 1993.

Margen, Sheldon, <u>The Wellness Encyclopedia of Food and Nutrition</u>, Rebus, New York, 1992.

Munoz-Furlong, Anne, <u>The Food Allergy News Cookbook,</u> The Food Allergy Network, 4744 Holly Avenue, Fairfax, VA 22030-5647, 1992.

Resources

http://www.non-Dairy.org/
http://www.tofutti.com
http://www.whitewave.com
http://www.vegetariantimes.com
http://www.choclat.com/ -- Chocolate Emporium –parve specialty chocolates--- 1-888-choclat
http://www.navigator.tufts.edu/ -- a rating guide to nutrition
http://www.eatright.org – The American Dietetics Association