

### Living with a Milk Allergy

Living with a food allergy doesn't have to prevent you from enjoying wholesome and nutritious foods. The good news is that manufactures are required to state whether or not their product contains the following eight most common allergens – peanuts, tree nuts, soy, milk, eggs, fish, shellfish and wheat. Allergen information can be found near the nutrition facts label.

As the saying goes “*When in doubt, throw it out.*” A food allergy can cause a potential life-threatening reaction. So, if you are uncertain whether the food contains milk or dairy, do not eat the food. Manufactures change ingredients, so even if you buy the product frequently, always check the food label before you make a purchase. Potential allergens could also be present in foods if it is produced or manufactured in a plant containing allergenic foods – this is called cross contamination. It is *always* important to read foods labels before you buy.

Your best choices are going to be to stick to whole foods and limit your consumption of processed foods. Processed foods, like those that come in a box or can, usually have more allergens because of the additives, flavorings, coloring and preservatives added.

Lactose Intolerance – Lactose intolerance is different than having an allergy to milk. Individuals with lactose intolerance have a difficult time digesting lactose (milk sugar) due to an insufficient amount of lactase (an enzyme that breaks down lactose). Typically these individuals experience nausea, diarrhea, abdominal cramps, bloating and gas about 30 minutes to an hour after consuming foods with lactose.

You can substitute milk, yogurt and cheese with soy, rice or almond milk, lactose-free milk, soy yogurt and soy cheeses. Compared to milk, cottage cheese and yogurt have about half the amount of lactose, so these items are often well tolerated in moderation. Cheeses have very little lactose, so some people tolerate cheeses very well. Consider substituting other high protein foods such as meats, eggs, nuts, or vegetarian protein for the dairy products. Finally, you may also build meals based on exchanges that do not include dairy products.

Calcium Supplement: Women aged 18-50 years need 1,000mg of calcium each day and women aged 51 year and older need 1,200 mg of calcium each day. If you do not consume dairy foods on a regular basis, you may consider taking a calcium supplement. Be sure to select a quality supplement made with calcium citrate – the most absorbable form available on the market today. Your calcium supplement should also contain Vitamin D to further enhance absorption.

Here are some hidden sources of Milk:

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| <ul style="list-style-type: none"> <li>• Artificial Butter Flavor</li> <li>• Baked Goods</li> <li>• Chocolate</li> <li>• Lactic Acid Starter Cultures and other bacterial starter cultures</li> <li>• Deli meats, sausages and other processed meats</li> <li>• Margarine</li> <li>• Some nondairy products</li> <li>• Cream</li> <li>• Curds</li> </ul> | <ul style="list-style-type: none"> <li>• Ghee</li> <li>• Half-and-half</li> <li>• Lactoalbumin</li> <li>• Sheep &amp; Goat's Milk</li> <li>• Lactoferrin</li> <li>• Lactulose</li> <li>• Milk protein (whey &amp; casein)</li> <li>• Sour Cream</li> <li>• Tagatose</li> <li>• Vegetarian "Meats"</li> </ul> |
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Special Note - Some products may sound like they contain dairy, but do not. Foods safe for an individual with a milk allergy to consume include almond milk, rice milk, coconut milk, and cream of tartar.

### Using Exchanges:

If a recipe calls for dairy products, simply substitute these foods for an equivalent exchange. Here is a substitution list:

If a recipe calls for....	Substitute with...
Kashi® TLC crackers – 10	Popcorn, air popped – 8 g (2 ½ C) or 1 starch exchange
Laughing Cow® Light Swiss - 3 wedges	Soy Cheese (mozzarella or Cheddar) – 30 g or 1 dairy exchange
Greek Yogurt with Fruit or Honey - (4 oz)	Soy Yogurt – 100 g or 1 dairy exchange
Yogurt (nonfat) – 125 g	Soy Yogurt – 100 g or 1 dairy exchange
Yogurt (low fat) – 125 g	Soy Yogurt – 100 g or 1 dairy exchange
Fruit English Muffin* – 1/2	Whole Wheat Bread – 1 slice* or 1 starch exchange
Tortillas* - whole wheat – 28 g	Tortilla – Corn – 28 g or 1 starch exchange
Butter (whipped) – 1 tsp	Kingland® Soy 'Butter' – 15 g, similar variety, or 1 fat exchange
Sour Cream – 2 tsp	Soy Yogurt, plain – 3 T or 1 dairy exchange
Cheddar (low fat, grated) – 60 g (1/4 C)	Soy Cheese Cheddar flavor – 30 g or 1 dairy exchange

Parmesan (shredded) – ¼ cup	Soy Cheese Mozzarella flavor – 30 g or 1 dairy exchange
Swiss – 25 g	Soy Cheese Mozzarella – 30 g or 1 dairy exchange
Brie – 1 oz	Kingland® Soy Cream Cheese – 15 g, Soy Cheese mozzarella – 30 g or other dairy free alternative
Cream Cheese – 30 g	Kingland® Soy Cream Cheese – 15 g, other dairy-free variety or 1 fat exchange
Cream Cheese (light) – 55 g	Kingland® Soy Cream Cheese – 15 g, other dairy-free variety or 1 fat exchange
Ricotta (reduced fat) – 60 g (¼ C)	125 g Tofu blended w/1tsp lemon juice to taste
Bleu – 25 g	Soy cheese – 30 g or 1 dairy exchange
Feta – 30 g	Soy cheese – 30 g, other dairy free alternative, or 1 dairy exchange
Feta (reduced fat) – 40 g	Soy cheese – 30 g, other dairy free alternative, or 1 dairy exchange
Mozzarella – 30 g	Soy Cheese Mozzarella – 30 g or 1 dairy exchange
Mozzarella (reduced fat) – 30 g	Soy Cheese Mozzarella – 30 g or 1 dairy exchange
Bega Stringers – 1 (20 g)	Soy Cheese Mozzarella or Cheddar– 30 g or 1 dairy exchange
Jarslberg Lite – 35 g	Soy cheese – 30 g or 1 dairy exchange
Cappuccino (nonfat) – 475 ml	Soy milk cappuccino – 475 ml or 1 dairy exchange
Latte (nonfat) – 355ml	Soy milk latte – 355 ml or 1 dairy exchange
Milk (skim) – 250 ml	250 ml soy milk, 375 ml Almond milk, 185 ml Rice Milk (unsweetened) or 1 dairy exchange
Cottage Cheese (low fat) – 150 g (¾ C)	Lactose-free Cottage Cheese (low fat) – ¾ C (150 g), or ½ C cooked & mashed Tofu w/garlic or onion powder, and lemon to taste, serve chilled; or 1 protein exchange
Greek Yogurt (nonfat, plain) – 225 g (1 C)	Soy Yogurt – 100 g or 1 protein exchange
Salad Dressings* - 50 calories	1 tsp Olive oil & vinegar to taste

Chocolate Chips – 1 T	Sweet Williams® Chocolate chips – 20 g (1 T); Enjoy Life® mini chocolate chips – 1 T (12 g) or other dairy free alternatives or 1 starch exchange
1/4 C cream of chicken soup - reduced sodium	3 T soy or rice milk + 1tsp canola or olive oil + 2 T chicken broth (to make thicker sauce, add a pinch of flour, tapioca, or rice flour)
Uncle Toby's® Quick Oats sachet - Creamy honey - 1/2 packet	Oatmeal (cooked) – 45 g (1/2 C) or 1 starch exchange
Special K Original Bar - 1 (23g) bar	Uncle Toby's Crunchy Muesli Bar -1 (20 g) – Apricot, Chocolate Chip, Nut Crumble or 1 starch exchange
Sanitarium™ Veggie Delights Schnitzel - 1 schnitzel	Kidney Beans (cooked) – 225 g (3/4 C) or 1 vegetarian protein exchange
Sanitarium™ Veggie Sausage - 1 link	Kidney Beans (cooked) – 225 g (3/4 C) or 1 vegetarian protein exchange
Sanitarium™ Delights Mince - 100 g	Tofu (regular) – 170 g or 1 vegetarian protein exchange
Pita Chips* - 25 g	Popcorn (air popped) – 8 g (2 ½ C) or 1 starch exchange
Continental Cup-a-Soup 98% fat free®	Simmer 1 cup vegetable broth with ¼ medium potato and free veggies (carrots, celery) until tender. Serve.
Nabisco Premium 98% fat-free cracker(s)	1 T. Gluten Free bread crumbs (like Lifestyle bakery®)
20 grams Arnott's Vita-Weat Crackers	Rice Cake (plain) – 1 (15 g) or 1 starch exchange
Vita Weat® 100% Natural crackers	Popcorn (air popped) – 8 g (2 ½ C) or 1 starch exchange

\*Some varieties