

## 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 select 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.

### Here are some hidden sources of Milk:

- Artificial Butter Flavor
- Baked Goods
- Chocolate
- Lactic Acid Starter Cultures and other bacterial starter cultures
- Deli meats, sausages and other processed meats
- Margarine
- Some nondairy products
- Cream
- Curds
- Ghee
- Half-and-half
- Lactoalbumin
- Sheep & Goat's Milk
- Lactoferrin
- Lactulose
- Milk protein (whey & casein)

- Sour Cream
- Vegetarian “Meats”

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:

<b>If a recipe calls for....</b>	<b>Substitute with...</b>
Laughing Cow® Light - 3 wedges	Soy Cheese (mozzarella or Cheddar) – 40-50g
English Muffin* - whole wheat – 1/2	Whole Wheat Bread – 1 slice*
Tortillas* - whole wheat (8in) – 1/2	Tortilla – Corn (6in) - 2
Cappuccino (nonfat) – 350ml	Soy milk cappuccino – 350ml
Latte (nonfat) – 350ml	Soy milk latte – 350ml
Milk (skim) -250ml	400ml soy milk, 450ml Almond milk, 300ml Rice Milk (unsweetened)
Cottage Cheese (1 or 2%) – 180g	Lactose-free Cottage Cheese (1%) – 190g, or 150g cooked & mashed Tofu w/garlic or onion powder, and lemon to taste; serve chilled, or 1 protein exchange
Plain, nonfat, Greek Yogurt – 225g	Soy Yogurt – 200g oz or 1 protein exchange

*\*Some varieties*

Other Foods and drinks that do not contain any lactose include:

- All soya milks, yoghurts and some cheeses
- All milks made from rice, oats, quinoa, almonds, hazelnuts, coconut and potato
- All foods which carry the “dairy free” or “suitable for vegans” signs