

Guidelines for Managing Food Allergies

Milk Allergies



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Remember to ALWAYS read food labels carefully and watch for hidden allergens. Hidden allergens are ingredients derived from or containing major food allergens with common names that may be unfamiliar to consumers. **Foods or ingredients to AVOID if allergic to milk:** (This is not an exhaustive list.)

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Alternative food sources that provide important nutrients if avoiding milk:

Protein: Meats, poultry, fish, eggs, dried beans, peanut butter

Calcium: Spinach, collards, kale, turnip greens, broccoli, bok choy, soybeans, tofu (made with calcium sulfate), mustard greens, canned salmon with bones (they're soft!), corn tortillas, blackstrap molasses

Riboflavin (a B-vitamin): Mushrooms, beet greens, spinach, broccoli, romaine lettuce, bok choy, asparagus, dried peaches, fortified cereals

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Almond Butter

Margarine with milk solids

Butter

Milk

Calcium caseinate

Milk chocolate

Casein/Caseinate

Nonfat milk solids

Cottage cheese/Cheese

Sodium caseinate

Cream/Creamed Foods

Whey

Custards and puddings

Yogurt

Lactose/Lactoalbumin

Substitutes

Coconut milk

Oat milk

Broth, in sauces or soups

“Parve” or “pareve” foods

Hemp milk

Rice milk

Juices, in baked goods

Soy formulas

Lactose-free products

Soy milk

Nut milks

Tofu