

MILK ALLERGY

Avoid:

- All Milk – skim, lactose free, chocolate, buttermilk, canned, condensed, half-and-half
- Yogurt
- Ice cream

Suspect:

- Gravies, white sauces and cream soups
- Baked goods – watch pancakes, muffins, waffles (breads are cooked enough that they are usually O.K.)
- Many desserts - especially cream based pies, puddings, milk shakes, cakes
- Chocolate (made from milk, corn and cocoa)
- Soft cheeses, any cheese that says “low fat”
- Dried milk is added to many things to increase protein content
- Watch meats – especially turkey for added dried milk
- Most protein drinks and protein / energy bars
- Cottage cheese, cream cheese, sour cream (Daisy Pure-N-Natural sour cream is OK because there is no milk added to the cream)
- Anything with LACTALBUMIN, WHEY, or milk proteins or solids

Substitute:

- Rice milk, almond milk, oat milk
- Goat milk or goat yogurt
- Soy milk
- Rice Dream, Tofutti or other non – dairy frozen desserts
- 100% pure cream – can also be mixed with non–dairy drink for half-and-half
- Whipped tofu (extra firm)

Butter is almost always OK for milk reactors!

CHEESE ALLERGY

Avoid:

- All cheese and milk;; see the above list plus:
- Anything with CASEIN in it (ex: sodium caseinate)
- Almost all cheese substitutes have milk proteins added to them

Substitute:

- Some can use goat, sheep, or buffalo cheese
- Some soy cheeses but many contain sodium caseinate
- Added salt can help offset the lack of cheese