

Milk free (Dairy Free) diet

Cow's milk is used widely in the foods we eat. Sometimes it is easy to see where it is used and sometimes it is harder to find. Usually children who react to cow's milk will also react to goat's milk and milk from other animals. Children sensitive to cow's milk are not usually sensitive to beef.

Look carefully for the word "milk" on packaged food ingredient lists and avoid those foods.

Avoid foods which contain:

<ul style="list-style-type: none"> • Butter • Buttermilk • Casein and caseinates • Cheese • Cheese powder • Condensed milk • Cottage cheese • Cream • Curds • Custard • Dairy solids • Hydrolysates (casein, milk protein, whey) 	<ul style="list-style-type: none"> • Evaporated milk • Ghee, butter oil, butter fat • Goat's and sheep's milk • Ice cream • Infant formula (cow's milk based) • Lactalbumin • Lactoglobulin • Low fat milk • Malted milk • Milk 	<ul style="list-style-type: none"> • Milk derivative • Milk protein • Milk solids • Non-fat dairy solids • Non-fat milk solids • Nougat • Pro-biotic drinks • Skim milk • Skim milk solids • Sour cream • Sour milk • Whey • Yoghurt
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Food likely to contain cow's milk protein:

<ul style="list-style-type: none"> • Infant rusks • Biscuits, breads, cakes, pastry • Breakfast cereals eg. chocolate rice cereals and muesli • Canned spaghetti • Caramel or butterscotch desserts 	<ul style="list-style-type: none"> • Chocolate, confectionery, marshmallows, boiled sweets • Drinking chocolate • Gravy • Instant mashed potatoes • Malted milk powder • Margarine 	<ul style="list-style-type: none"> • Milk ice blocks • Pasta sauces • Processed meat eg. pies, ham, sausage, pate • Salad dressings • Snack foods • Soups • Toppings
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Cow's milk substitutes

Instead of:	Use
Cow's milk infant formula for a child less than 1 year of age	Breast milk, soy formula, hydrolysed formula or amino acid formula. Speak with a medical professional to choose the right one based on your child's diagnosis
Cow's milk for a child over 1 year of age	Soy drink - choose one with more than 120mg calcium /100mls soy drink Rice drink – choose one with more than 120mg calcium /100mls rice drink
Yoghurt	Soy yoghurt
Cheese, sour cream	Soy cheese, soy sour cream
Ice cream	Soy ice cream, sorbet, milk free gelato
Butter and margarine	Milk free margarine eg Becel®, Sundew®, Nuttelex®

Some soy products may contain small amounts of cow's milk protein and may need to be avoided if your child is highly allergic. Ask your doctor or dietitian.

These include:

- Soy yoghurt (a milk-based starter may be used)
- Soy cheese (may contain casein).

Note: Toffuti brand sour cream, cream cheese and cheese is milk free

Milk and Nut-Free Chocolates

- **Sweet William** - milk chocolate/ tangerine milk chocolate (dairy free, gluten free, lactose free, peanut free)
chocolate spread (gluten free, lactose free, dairy free, peanut free)
available in Woolworths, Coles (health food isle), IGA (confectionery isle), health food shops.
www.sweetwilliam.com.au
- **Kinnerton**- milk/dark chocolate (nut free, dairy free, gluten free, egg free)
available at Big W, Target, Aldi, Darrell Lea, Kmart., Myer, Sugar Fix
- **Willow** - chocolate bars, Christmas, Easter and Valentine novelties, frogs
Available 03 9587 1079 or via www.allergyblock.com.au

For more information

- www.chw.edu.au/parents/factsheets/#allergy
- Australian Society of Clinical Immunology and Allergy (ASCIA)
www.allergy.org.au
- FSANZ - Food Standards Australia and New Zealand for information on food labelling www.foodstandards.gov.au

Dietitian: _____

Telephone: _____



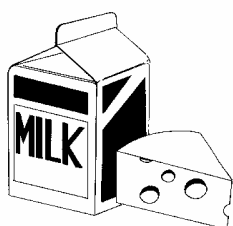
Is your child getting enough calcium?

Cow's milk and dairy products are the main source of calcium in our diet. When it isn't possible to use cow's milk it is essential to make sure your child gets it from other sources.

Daily calcium requirements are:

	CHILDREN	BOYS	GIRLS
1 - 3 years	500mg		
4 - 8 years	700mg		
9 - 13 yrs		1000 - 1300mg	1000 - 1300mg
14 - 18 yrs		1300mg	1300mg

Ref: Nutrient Reference Values for Australia and New Zealand, 2006



Add up the usual amounts of these foods each day

FOOD	CALCIUM CONTENT	QUANTITY CONSUMED	CALCIUM CONSUMED mg
Soy drink* - 100ml	120 mg		
Rice drink with added calcium*-100mls	120mg		
Soy Yoghurt ** - 200g (1 large tub)	300 mg		
Soy Cheese - ** 20g (1 slice)	60 mg		
Soy Ice cream ** -2 scoops	120 mg		
Soy Custard** - ½ cup	150 mg		
Tofu* - 60 g (2 cubes)	14 - 190 mg		
Salmon with bones - ½ cup	400 mg		
Sardines - 1 small tin	230 mg		
Breakfast cereal with added calcium**	Check label		
Broccoli ½ cup	20mg		
Supplement			
Other			
TOTAL			

*Calcium content of foods can vary between brands

** Check all ingredient lists carefully as they may contain cow's milk protein

Calcium Supplements

In some cases it may be necessary to give a calcium supplement.

Examples:

- Sandocal, (1000mg calcium/tablet) a pleasant fizzy drink which can be made up with water or juice
- Caltrate, (600mg/tablet) a tablet which can be crushed and added to food or drink
- Nature's Way Kids Calcium chewable Burstlets (200mg calcium) – strawberry flavoured. Can be chewed or popped and squeezed into mouth or food.
- Calcia (500mg) chewable lemon or orange flavoured tablet
- Calsup (500mg) mint flavoured chewable tablet

