

# Milk Allergy

A milk allergy is an overreaction of the body's immune system to cow's milk protein. All foods containing cow milk protein must be excluded from the diet.

## Symptoms

- Skin: hives, swelling of face, lips and tongue, atopic dermatitis
- Respiratory: throat tightness, nasal congestion, asthma
- Gut: vomiting, diarrhea, pain
- Anaphylaxis

## Dietary Recommendations

Exclude from the diet:

- Artificial butter flavor
- Butter, butter fat, butter flavored oil
- Buttermilk
- Casein
- Caseinates (ammonium, calcium, magnesium, potassium, sodium)
- Cheese
- Cream, whipping cream
- Cottage cheese
- Curds
- Custard, pudding
- Ghee
- Half-and-half
- Hydrolysates (casein, milk protein, protein, whey, whey protein)
- Ice cream, ice milk, sherbet
- Lactalbumin, lactalbumin phosphate
- Lactose, lactoglobulin, lactulose
- Milk (derivative, powder, protein, solids, malted, condensed, evaporated, dry, whole, low-fat, milk fat, nonfat, skimmed, and milk from all animals, including goats, sheep, others)
- Nougat
- Rennet casein
- Nougat
- Sour milk solids, sour cream, sour cream solids
- Whey
- Yogurt

Foods that may contain milk protein:

- Deli meat, luncheon meat, hotdogs, sausages
- High-protein flour
- Margarine
- "D" on a label next to "K" or "U" indicates milk protein in the packaged food.