

Milk Allergy

One of the most common allergies found in children, a milk allergy, is an abnormal response by the body's immune system to milk and products containing milk. Cow's milk is the usual cause for the allergy, however, milk from sheep, goats, buffalo and other mammals may cause a reaction as well. Fortunately, most children outgrow a milk allergy. Those who don't outgrow it may need to continue to avoid milk products.

A milk allergy is different than a milk intolerance or lactose intolerance. Unlike a milk allergy, an intolerance doesn't involve the immune system. Milk intolerances causes different symptoms and requires different treatment than a true milk allergy.

A milk allergy typically stems from an allergic response from ingesting either of the two main proteins in cow's milk – casein and/or whey.

Common symptoms:

- Hives, Vomiting, or Wheezing
- Runny nose and watery eyes
- Cramping, loose stools or diarrhea
- Skin rash
- Colic, in babies

Common items to avoid:

Baked goods, premade (*check label)

Butter

Buttermilk

Caramel candies

Cheese, including cottage cheese

Chocolate

Cream

Curds

Custard

Half and half

Ice Cream

Luncheon meats, such as hot dogs and sausages (*check label)

Margarine

Milk (in all forms: condensed, derivative, dry, evaporated, low-fat, malted, milk fat, nonfat, powder, protein, skimmed, solids, whole)

Nondairy products

Puddings

Sour cream

Yogurt

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Hidden terms to look for:

Artificial butter flavorings
Artificial cheese flavorings
Casein or caseinates (sometimes used as meat binders)
Casein hydrolysate
Caseinates
Diacetyl
Fat-replacement products
Ghee
Hydosolate
Lactic acid starter
Protein powders
Recaldent™ (used in tooth-whitening gums)
Rennet casein
Whey, whey protein, or milk protein
Words starting with “lact”, such as lactose or lactate

Milk protein-free products:

Cocoa butter
Coconut milk
Cream of tartar
Calcium lactate
Lactic acid

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