

Cheese Allergy

Avoid:

- All Cheese and Milk: see the milk allergy section
- Anything with CASEIN in it (e.g. 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