

Milk Allergy

Aviod:

- ALL MILK: skim, lactose free, chocolate, buttermilk, canned, condense, 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 ok)
- Many deserts- especially cream based pies, puddings, milk shakes, cakes
- chocalates (made from milk, corn, and cocoa)
- Shoft Cheeses, and any cheese that says "low fat"
- Dried milk is added to many things to increase protien content
- Watch Meats- especially turkey for added dried milk
- Most protien drinks and most protien/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 protiens or solids

Substitute:

- Rice Milk, Almond Milk, Oat Milk
- Goat Milk or Goat Yogurt (Goat Farms without a Billy Goat increases the Flavor of the Milk, Cheese, etc.)
- Soy Milk
- Rice Dream, Tofutti or Other non-dairy frozen desserts
- 100% Pure Cream- canalso be mixed with non-dairy drink for half-and-half
- Whipped tofu (extra firm)