

Milk/Dairy Elimination Diet - Baked Foods

Some patients with cow milk allergy may be able to tolerate cow milk/dairy in baked goods. Ask your doctor first before following this diet. This handout summarizes ingredients and foods that should still be avoided because the cow milk protein has not been baked (i.e. denatured) or is still in a form that could trigger an allergic reaction in a patient with cow milk allergy.

Read labels for the following words that indicate the presence of milk in a product (this list is not all-inclusive, so read labels):

Milk (<i>in all forms including condensed, derivative, dry, evaporated, low-fat, non-fat, pasteurized, powder, protein, skimmed, solids, whole</i>)	Caseinate (<i>in all forms</i>)	Lactoglobulin, lactoferrin, lactulose
Artificial butter flavor	Cottage Cheese	Nisin
Butter/butter fat/ butter oil	Cream	Nougat
Buttermilk	Curds	Pudding
Casein (<i>casein hydrosylate, rennet casein</i>)	Custard	Sour cream, sour cream solids
	Ghee (<i>clarified butter</i>)	Whey/whey solids/whey powder/whey concentrate
	Goat's milk (<i>and milk from all other animals</i>)	Yogurt & Kefir
	Lactalbumin (<i>lactalbumin phosphate</i>)	

Avoid the following foods unless the ingredient list indicates a milk-free product (this list is not all-inclusive, so read labels):

Cream sauce	Creamy salad dressing and dips	Instant mashed potato
Creamed soup	Desserts (pie, pudding, custard)	Malted beverage mix
	Frosting	Margarine
	Gravy	Milk-based formula
	High protein drink	Non-dairy creamer
	Ice cream/sherbet/frozen yogurt	Sauces (e.g., Béarnaise)
	Imitation butter flavor	Sausage (some brands)
	Imitation dairy product	Simplese (fat substitute)
		Whipped topping

Substitute the following foods for those eliminated above:

Soy milk, rice milk, oat milk; soy or rice ice cream; Fleischman's unsalted margarine (derived from soy); Cherrybrook Kitchen cookie and cake mixes; Enjoy Life Allergen Free Cookies; Enjoy Life and Tropical Source chocolate chips. Whole Foods Grocery Store offers a list of dairy-free products that they carry but labels should always be checked.

The following ingredients **do not** contain milk and **do not need to be restricted**:

Calcium lactate, calcium stearoyl lactylate, cocoa butter, cream of tartar, lactic acid (unless starter culture), sodium lactate, sodium stearoyl lactylate