

# Milk Allergy



Different than lactose intolerance, an allergy to milk protein is one of the 8 most common food allergies. Milk products can lead to a serious reaction if accidentally ingested by an allergic child while at school.

**The FDA requires that labels clearly identify the top 8 food allergens (i.e.: Contains- Milk), but care should still be taken when reading labels.**

**Sometimes the presence of milk protein is obvious on a food label. Other times terms may be unfamiliar. Read carefully. The following may include milk protein\*:**

Artificial Butter Flavor, Butter, Butter Fat, Butter Oil, Buttermilk, Casein, Caseinates (Ammonium, Calcium, Magnesium, Potassium, Sodium), Cheese, Cream, Cottage Cheese, Curds, Custard, Ghee, Half & Half®, Hydrolysates (Casein, Milk Protein, Protein, Whey, Whey Protein), Lactalbumin, Lactalbumin Phosphate, Lactoglobulin, Lactose, Lactulose, Milk (Derivative, Powder, Protein, Solids, Malted, Condensed, Evaporated, Dry, Whole, Low-fat, Non-fat, Skimmed and Goat's Milk), Nougat, Pudding, Rennet Casein, Sour Cream, Sour Cream Solids, Sour Milk Solids, Whey (Sweet, Delactosed, Protein Concentrate), Yogurt, Chocolate, High Protein Flour, Luncheon Meat, Hot Dogs, Sausages, Margarine, Natural and Artificial Flavoring: Simplese®. The letter "D" on the front label of a product indicates the product may contain cow's milk protein.

**This is not a complete list!**

Source: MA Dept. of Ed. *Managing Life Threatening Allergies in Schools*

## Milk-Free Snack Ideas

### FRUIT

- Fresh Fruit
- Apple Sauce
- Dried Fruit
- 100 % Fruit Leather
- Fruit Cups

### VEGETABLES

- Carrot Sticks, Baby Carrots
- Bell Pepper Slices
- Snap Peas
- Celery Sticks

### OTHER POSSIBLE SNACK IDEAS

**(Always verify ingredients, as brands vary!):**

- Rice Cakes
- Crackers
- Pretzels
- Cereals, Dry
- Soy Crisps
- Plain Popcorn
- Soy Yogurt
- Soy Cheese
- Gelatin
- Graham Crackers
- Guacamole
- Hummus



**\*Call the manufacturer's hotline if unsure of an allergen or to clarify "natural flavoring"**