

Tips for a Milk Allergy or Lactose Intolerance

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Avoiding milk and milk proteins can be a tricky business, and if you are IgE allergic, that means that a tiny bit of milk could cause a life-threatening allergic reaction, then you want to pay special attention to the labeling of food products. Just because a product says “lactose-free” or “dairy-free” does NOT mean that it is free of all milk. In the market today there are many products that say non-dairy, dairy-free, or lactose-free that still contain small amounts of milk proteins. You must be diligent about reading the food labels. Once you find a product that is absolutely milk free, you must continually read the label to make sure that there is no product formulation change. Milk proteins are not always labeled as milk in a food or beverage. The following is a list of names that may either contain milk or be derived from milk:

Ammonium caseinate	Lactoferrin
Artificial butter flavor (some)	Lactoglobulin
Butter solids or butter fat	Lactose
Calcium caseinate	Lactulose
Caramel color (some)	Magnesium caseinate
Caramel flavoring (some)	Milk derivative
Casein	Milk fat
Caseinate	Opta (fat replacer)
Curds	Potassium caseinate
Delactosed whey	Rennet
Demineralized whey	Sherbet (some)
Dried milk	Sodium steatoyal (some)
High protein flour (some)	Solids
Hydrolyzed casein	Sour cream solids
Hydrolyzed vegetable protein	Sour milk solids
Lacalbumin	Sour solids
Lactabum	Whey
Lactabum phosphate	Whey and casein hydrolsates
Lactate	Whey protein concentrate
Lactate starter	

In addition to foods, milk and milk proteins can be found in:

Drugs	School supplies like glue
Grout for your tub	Pet foods
Household paints	Personal Care products
Personal Care products	

Milk Substitutes if tolerated: [Vances Dari-Free](#) (a potato based dry powder substitute), rice milk, soymilk, nut milks (only if you have no nut allergies).

Other Substitutions: Tofutti makes a soy based non-dairy cream cheese and sour cream.

Visit the [Recipes section](#) of my website for free recipes. All my recipes are free of ALL dairy and milk!