

## What foods and drinks have milk or dairy?

All dairy products have cow's milk in them. Many processed foods also have milk or milk products.

- **Read the ingredient list on food labels** to make sure foods and drinks do not have milk or milk products in them.
- Talk with your child's doctor or nutritionist if you have questions.
- Some common foods that often have milk or dairy in them are listed below. Do not give these to your child.

- |                                |                      |                   |
|--------------------------------|----------------------|-------------------|
| – Butter                       | – Cookies            | – Pancakes        |
| – Buttermilk solids            | – Cream and creamers | – Pies            |
| – Cakes                        | – Custard            | – Protein powders |
| – Casein                       | – Dipping sauces     | – Pudding         |
| – Casein curds                 | – Ghee               | – Salad dressing  |
| – Caseinates                   | – Half and half      | – Simplesse       |
| – Cheese                       | – Ice cream          | – Sour cream      |
| – Chocolate                    | – Lactose            | – Waffles         |
| – Condiments (like mayonnaise) | – Milk               | – Whey            |
|                                | – Packaged snacks    | – Yogurt          |

**Please note:** If your child has a cow's milk allergy, they may also have allergies to milk from other animals like goat or sheep. Talk with your child's doctor if you are unsure.

## To keep your child safe

Food companies may change the ingredients without warning. **Always read the food label** before giving your child foods and drinks. It is easier to prevent a food allergy reaction than to treat one. Check with the company if you are not sure whether a food or drink is milk or dairy free.

## Where can I learn more?

Visit these websites to learn more about milk or dairy free diets:

- American Academy of Allergy, Asthma & Immunology – [aaaai.org](http://aaaai.org)
- Food Allergy Research & Education (FARE) – [foodallergy.org](http://foodallergy.org)

*Children's Healthcare of Atlanta has not reviewed all of the sites listed as resources and does not make any representations regarding their content or accuracy. Children's Healthcare of Atlanta does not recommend or endorse any particular products, services or the content or use of any third party websites, or make any determination that such products, services or websites are necessary or appropriate for you or for the use in rendering care to patients. Children's Healthcare of Atlanta is not responsible for the content of any of the above-referenced sites or any sites linked to these Sites. Use of the links provided on this or other sites is at your sole risk.*

**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**

# Milk / dairy free diet, continued

## What can I give my child in place of milk or dairy?

Avoid this:	Try this instead:
<b>Butter</b>	<ul style="list-style-type: none"> <li>• Dairy free margarine</li> <li>• Plant-based butter substitutes</li> <li>• Plant-oils (olive oil, avocado oil, canola oil)</li> <li>• For baking - dairy free substitute or mashed, ripe fruit like banana or unsweetened applesauce instead of butter</li> </ul>
<b>Yogurt, sour cream and cream cheese</b>	<ul style="list-style-type: none"> <li>• Yogurt, sour cream and cream cheese that are:               <ul style="list-style-type: none"> <li>– Soy-based</li> <li>– Coconut-based</li> <li>– Pea-based</li> <li>– Nut or seed-based</li> </ul> </li> </ul>
<b>Cheese</b>	<ul style="list-style-type: none"> <li>• Dairy-free cheeses               <ul style="list-style-type: none"> <li>– Some brands are for melting. Some are made to spread.</li> <li>– You may have to taste and cook different ones to find a cheese substitute that works for your child.</li> </ul> </li> </ul>
<b>Milk</b>	<ul style="list-style-type: none"> <li>• Fortified non-dairy milk, such as:               <ul style="list-style-type: none"> <li>– Hemp</li> <li>– Pea</li> <li>– Soy</li> </ul> </li> <li>• Other fortified non-dairy milk are listed below. These milk replacements do not have as much nutrition as regular cow’s milk.               <ul style="list-style-type: none"> <li>– Almond</li> <li>– Coconut</li> <li>– Flax</li> <li>– Oat</li> <li>– Potato</li> <li>– Rice</li> <li>– Cashew</li> </ul> </li> <li>• To best match the protein, carbohydrate and nutrients found in regular milk, look for a fortified version of soy, pea or hemp.</li> </ul>

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

# Milk / dairy free diet, continued

## What foods and drinks can my child have?

Foods	Your child can have:	Your child <u>cannot</u> have:
<b>Breads and grains</b>	<ul style="list-style-type: none"> <li>• Baked goods, breads and cereals that do not have milk products in them</li> </ul>	<ul style="list-style-type: none"> <li>• Breads made with milk, such as:               <ul style="list-style-type: none"> <li>– Muffins</li> <li>– Pancakes</li> <li>– Biscuits</li> <li>– French toast</li> </ul> </li> </ul>
<b>Potatoes and other starches</b>	<ul style="list-style-type: none"> <li>• Starches made without milk or milk products, such as:               <ul style="list-style-type: none"> <li>– Potatoes</li> <li>– Rice</li> <li>– Pasta</li> <li>– Plain chips</li> </ul> </li> </ul>	Any starch made with milk or milk products, such as: <ul style="list-style-type: none"> <li>• Au gratin, creamed and scalloped potatoes</li> <li>• Instant potatoes</li> <li>• Macaroni and cheese</li> <li>• Ranch flavored snacks</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• All vegetables (fresh, frozen or canned)</li> </ul>	<ul style="list-style-type: none"> <li>• Any vegetable made with milk, cheese or butter, such as:               <ul style="list-style-type: none"> <li>– Au gratin</li> <li>– Creamed</li> <li>– Scalloped</li> </ul> </li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>• All fruits (fresh, frozen or canned)</li> </ul>	<ul style="list-style-type: none"> <li>• Any fruit made with milk, cream or butter</li> </ul>
<b>Milk and dairy</b>	<ul style="list-style-type: none"> <li>• Soy-based baby formulas</li> <li>• Calcium-fortified soy, almond and rice milk</li> <li>• Soy cheese and yogurt</li> <li>• Hydrolyzed protein formulas, such as:               <ul style="list-style-type: none"> <li>– Alimentum</li> <li>– Nutramigen</li> <li>– Pregestimil</li> </ul> </li> <li>• Elemental formulas, such as:               <ul style="list-style-type: none"> <li>– Alfamino Infant/Junior</li> <li>– Elecare Infant/Junior</li> <li>– Neocate Infant/Junior</li> <li>– Neocate Splash</li> <li>– Vivonex Pediatric</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• All cow’s milk</li> <li>• Powdered, evaporated and condensed milk</li> <li>• Half and half</li> <li>• Cream</li> <li>• Ice cream</li> <li>• Yogurt</li> <li>• Cheese</li> <li>• Cottage cheese</li> <li>• Goat’s milk</li> <li>• Cow’s milk-based baby formulas and supplements</li> </ul>

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

# Milk / dairy free diet, continued

Foods	Your child can have:	Your child <u>cannot</u> have:
<b>Meat and meat substitutes</b>	<ul style="list-style-type: none"> <li>• Beef</li> <li>• Poultry (like chicken)</li> <li>• Turkey</li> <li>• Fish</li> <li>• Lamb</li> <li>• Pork</li> <li>• Beans</li> <li>• Lentils</li> <li>• Nuts</li> <li>• Peanut butter</li> <li>• Plain eggs</li> <li>• Legumes</li> <li>• Tofu</li> </ul>	<ul style="list-style-type: none"> <li>• Any meat made with milk or milk products, such as:               <ul style="list-style-type: none"> <li>– Meatloaf</li> <li>– Hot dogs</li> <li>– Deli meat</li> <li>– Scrambled eggs</li> <li>– Egg substitutes</li> </ul> </li> </ul>
<b>Desserts and sweets</b>	<ul style="list-style-type: none"> <li>• Hard candy, candies and desserts made without milk or milk products</li> <li>• Fruit ices</li> <li>• Sorbet</li> <li>• Popsicles</li> <li>• Juice bars</li> <li>• Jell-O</li> </ul>	<ul style="list-style-type: none"> <li>• Candies that have cow’s milk, such as:               <ul style="list-style-type: none"> <li>– Caramels</li> <li>– Milk chocolate</li> <li>– Nougats</li> <li>– Fondants</li> </ul> </li> <li>• Desserts made with cow’s milk, such as:               <ul style="list-style-type: none"> <li>– Cakes, pastries and donuts</li> <li>– Cream pies</li> <li>– Ice cream and sherbet</li> <li>– Ice milk</li> <li>– Frozen dairy products with Simplesse</li> <li>– Custard and pudding</li> </ul> </li> </ul>
<b>Fats and oils</b>	<ul style="list-style-type: none"> <li>• Oils, such as:               <ul style="list-style-type: none"> <li>– Soy</li> <li>– Corn</li> <li>– Safflower</li> <li>– Coconut</li> <li>– Vegetable</li> <li>– Olive</li> <li>– Peanut</li> </ul> </li> <li>• Milk-free fats, such as margarine, mayonnaise and salad dressing</li> </ul>	<ul style="list-style-type: none"> <li>• Cream</li> <li>• Sour cream</li> <li>• Fats made with added milk solids, such as butter and margarine</li> <li>• Milk-based gravies</li> <li>• Some coffee creamers</li> <li>• Artificial butter flavor</li> <li>• Butter flavored oil</li> </ul>

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

## Milk / dairy free diet, continued

Foods	Your child can have:	Your child <u>cannot</u> have:
<b>Seasonings and condiments</b>	<ul style="list-style-type: none"> <li>• Salt</li> <li>• Spices</li> <li>• Oil based dressings</li> <li>• Ketchup</li> <li>• Mustard</li> <li>• Relish</li> <li>• Herbs</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese sauces</li> <li>• Hollandaise sauce</li> <li>• White sauce</li> <li>• Alfredo sauce</li> <li>• Butter-flavored syrup</li> <li>• Some salad dressings</li> </ul>
<b>Other</b>	<ul style="list-style-type: none"> <li>• Clear broth</li> <li>• Vegetable soup</li> <li>• Meat soups</li> <li>• Homemade soups without milk</li> <li>• Carbonated drinks (like soda)</li> <li>• Tea</li> <li>• Coffee</li> </ul>	<ul style="list-style-type: none"> <li>• Frozen dinners with cheese sauces</li> <li>• Canned spaghetti sauce with cheese</li> <li>• Cream-based soups and chowders</li> <li>• Some diet drinks</li> </ul>

**This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.**

**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**