

Providing a cow's milk free diet Patient Information Leaflet

You have been advised to exclude all traces of cow's milk from your child's diet. This means checking the ingredients list for cow's milk on food labels.

- Labels have to clearly state whether milk is in the food product.
 - The word 'milk' is usually in bold or underlined.
 - Milk free foods may be referred to as 'dairy free'.
-
- Food labelling laws apply to all packaged and manufactured foods and drinks sold in the UK
 - They also apply to foods sold loose (e.g. from a bakery, delicatessen, butcher or café) and foods packed or pre-packed on the premises such as cafés, sandwich bars, food outlets, market stalls.
 - If you travel outside the UK, be aware that labelling laws are different, so check ingredients carefully.
 - For foods sold **without packaging** e.g. in a bakery, café or pub, allergen information has to be provided either in writing or verbally.

More information on food allergy labelling is available from Allergy UK:

[Food Labelling | Allergy UK | National Charity](#)



There are many ways in which cow's milk can be labelled, so carefully check the ingredients list on food items and **avoid foods which contain:**

Cow's milk (fresh, UHT)	Cow's milk infant formula	
Butter milk, butter oil	Milk powder	Casein (curds), caseinates
Evaporated milk	Milk protein	Calcium caseinate
Yogurt, fromage frais	Modified milk	Sodium caseinate
Margarine	Skimmed milk powder	Hydrolysed casein
Butter, Ghee	Condensed milk	Hydrolysed whey protein
Cheese	Milk solids,	Whey, whey solids
Ice cream	Non fat milk solids	Whey protein
Cream/ artificial cream	Lactoglobulin	Lactoalbumin

Lactose may be contaminated with milk proteins, so it is best to avoid.

Lactose is usually tolerated in medications.

Example of a food label containing cow's milk

Olive spread (margarine):

Ingredients: Vegetable oils [including olive oil (22%)], water, **whey powder (milk)**, salt (1.3%), stabiliser (sodium alginate), emulsifier (mono and diglycerides of fatty acids), lactic acid, natural flavouring, vitamins A and D, colour (carotenes)

Allergy Advice: for allergens, see ingredients in bold.

Use of soya alternatives:

- During the 2-4-week cow's milk exclusion trial, we recommend that you **avoid soya-based products** such as soya milk, soya yogurts/ desserts or soya-based cheese alternatives
- There is a chance that your child may react to soya as well. This means that your child's symptoms will not get better after you have cut out cow's milk.
- They may get better at first, then the symptoms start to come back again
- Breastfeeding mothers cutting out cow's milk should also avoid soya for the 2-4 week trial.

Soya, however, is the best protein rich plant-based alternative, so we usually recommend trying soya products around 8-10 months of age, once a wide range of other foods have been introduced first.

'May contain...'/ 'Made in a factory...' labelling: Some labels say 'may contain cow's milk' or 'not suitable for cow's milk allergy' as the manufacturer cannot be sure that the food does not contain small amounts, due to cross-contamination. These foods should generally be ok, but if you think your child may react, just avoid that brand/ factory.

Detailed information on a cow's milk free diet from Allergy UK:

<https://www.allergyuk.org/resources/cows-milk-free-diet-information-for-babies-and-children/>



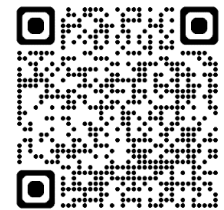
Information on vitamins and minerals from the BDA:

Fact sheets on vitamin D, calcium and iodine

[Nutrients food facts - British Dietetic Association \(BDA\)](#)

Introduction of solids and early introduction of allergens for prevention of further food allergies

<https://www.allergyuk.org/resources/weaning-support-pack/>



Webinars and more resources on the management of cow's milk allergy including the iMAP ladder can be found on the patient webinar website:

<https://patientwebinars.co.uk/condition/food-allergy-in-children/webinars>

[Further Information & Hand Outs on Food Allergy in Children - patientwebinars.co.uk](#)

Reintroduction of cow's milk - the milk ladder home challenge:

Suitable to start once your child is eating a wide range of family foods from around 9 months of age onwards. This leaflet is based on the iMAP ladder which can be found via the patient webinar site above

