**Milk Allergy**

**What is a Milk Allergy?**

An allergic reaction occurs when the immune system mistakes the proteins in milk for an infectious one and begins to attack it. The immune system acts to release histamine in the blood and antibodies from cells and organs in the body to fight the infection. When the substance it is fighting is harmless, the body experiences allergy symptoms. A person may be allergic to proteins in either the casein or the whey parts of milk and sometimes even to both.

A food allergy can produce many different symptoms including cramping, bloating, nausea, diarrhea or vomiting in the digestive tract; hives, swelling and rashes on the skin; and in the lungs, asthma, runny nose or irritated reddened eyes. A severe, dangerous, generalized reaction is anaphylactic shock.

### Ingredients to Eliminate

- Milk in all forms (including condensed milk, dry milk, dry milk solids, evaporated milk, low-fat milk, nonfat or skim milk, milk derivative, milk fat, milk powder, milk protein, milk solids, malted milk, and powdered milk)
- Casein
- Butter and related products (including artificial butter flavor, butter fat, butter solids, butter oil, buttermilk, and natural butter flavor)
- Caramel color or caramel flavoring casein products and caseinates (including ammonium, calcium, iron, magnesium, potassium, rennet, sodium, and zinc caseinates)
- Cheese, cottage cheese, cream and cream curds custard fat replacers such as Opta and Simplesse flavorings and natural flavorings (including Bavarian cream flavoring, brown sugar flavoring, caramel flavoring, coconut cream flavoring, some seasonings and natural flavors for meat and poultry, binding agents, fillers, natural egg flavor, canned fish, seasoned and ranch-style potato and tortilla chips, and seasoned french fries)
- Goat's milk
- Half-and-half
- High-protein flour and other types of added protein (particularly the kind found in "high-energy" foods, which often contain milk protein)
- Hydrolysates (including hydrolyzed casein and milk protein)
- Lactose (and other products that begin with lact including lactalbumin, lactalbumin phosphate, lactate, lactic acid starter culture, lactoferrin, lactoglobulin, and lactulose)
- Margarine
- Sour cream, sour cream solids, and sour milk solids
- Whey and whey products (including delactosed whey, demineralized whey, whey powder, whey protein concentrate, and whey protein hydrolysate)
- Yogurt

### Some Hidden Sources of Milk

- Deli meat slicers are frequently used for both meat and cheese products.
- Some brands of canned tuna fish contain casein, a milk protein.
- Many non-dairy products contain casein (a milk derivative), listed on the ingredient labels.
- Some meats may contain casein as a binder. Check all labels carefully.
- Many restaurants put butter on steaks after they have been grilled to add extra flavor. The butter is not visible after it melts.
- Just because a product was safe the last time you purchased it, doesn't mean the ingredients have stayed the same! It is very important to read all labels all of the time.