



Milk-Free Foods

If your doctor suspects that your baby has a milk protein allergy, he or she may recommend that you avoid dairy products while nursing. Following is a list of milk-free foods that you can enjoy:

- All fresh fruits, vegetables and meats
- Amy's Vegetarian Pizza with no Cheese
- Angel Food Cake
- Archway Cookies – Coconut Macaroons, Rocky Road, Old Fashioned Molasses
- Bakers Chocolate Chips
- Duncan Hines Brownies, Chocolate Icing, and Soft Batch Cookies
- Earth Grain Honey Wheat Berry Bread
- Edy's Whole Fruit Sorbet
- Honey Maid Graham Crackers
- Jiffy Corn Muffin Mix
- Kellogg's Pop Tarts
- Little Debbie Mint Spritz, Dutch Crisp
- Mama Mary's Pizza Crust
- Marshmallows
- Merita breads
- Moon Pie
- Mounds Candy Bars
- Murray's Ginger Snaps
- Nabisco Bearwiches
- Pepperidge Farm Banana Nut Muffins and Turnovers (frozen)
- Pillsbury Fill and Bake Turnovers, Cream Cheese Icing, Walnut Brownies, and Pie Crust
- Quaker Oats
- Quaker Instant Oatmeal
- Ritz Crackers
- Stove Top Stuffing
- Wheat Thins
- Rice Dream Rice Milk
- Silk Soy Milk

Always double check the label and avoid any products that list cheese, yogurt, dairy or milk in any form (powder, solids, malted, dry, evaporated, condensed), casein, caseinate, whey, lactoalbumin, lactoglobulin, lactose, or lactulose. These are all alternative names for milk protein in the product.

Tips:

- Use water or a milk substitute such as soy or rice milk in recipes that call for milk.
- Check labels on vegetarian or vegan foods – many of these do not contain milk. Most supermarkets like Bi-Lo and Publix will have some selection of these items. Health food stores like Garner's and Earth Fare will have a wider selection.
- 20% of infants allergic to cow's milk protein will also be allergic to soy protein.
- Visit www.lpch.org (Lucile Packard Children's Hospital) and search "milk protein allergy diet." If you need info on soy, egg or wheat allergy diets, visit www.foodallergy.org.