



Milk Free Diet

2.5%

Approximately 2.5% of children younger than 3 years of age are allergic to milk.

Nearly all infants who develop an allergy to milk do so in their first year of life.

Most children who have a milk allergy will outgrow it in the first few years of life.

AVOID

- Artificial Butter Flavor
- Butter, Butter Fat, Buttermilk, Butter Oil
 - Casein
 - Caseinates
- Cheese, Cottage Cheese, Curds
 - Cream
 - Custard
 - Ghee
 - Half & Half
- Hydro Lysates (casein, milk protein, whey, whey protein)
- Lactalbumin, Lactalbumin Phosphate
 - Nougat
 - Pudding
 - Rennet Casein
 - Sour Cream
 - Whey
 - Yogurt

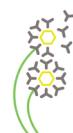


May Indicate Presence of Milk Protein

- Brown Sugar Flavoring
- Caramel Flavoring
 - Chocolate
- High Protein Flour

Lunch meats, hot dogs, and sausages may contain milk protein as a binder. Deli meats should be avoided due to cross contamination from cheese sliced on the same slicer. Some medications contain whey. Many restaurants put butter on steaks after they have been grilled.

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A Division of Pulmonary Associates