

# COW'S MILK PROTEIN ALLERGY

## Managing Cow's Milk Protein Allergy

**1: Strict avoidance** of cow's milk and cow's milk products to prevent allergic reactions.



**2: Regular review** with your dietitian to:

- Prevent unnecessary avoidance
- Discuss about when and how cow's milk protein can be reintroduced safely
- Ensure adequate nutrition to support your child's growth and development

## Milk Substitutes



Breastfeeding provides the best source of nutrition for infants and can be continued. Mothers may need to avoid dairy products whilst breastfeeding if your child reacts to cow's milk protein from your diet in breast milk.

If drinking formula, it will need to be changed to a suitable cow's milk protein-free formula to ensure adequate growth and development, and sufficient intake of calcium.





## Types of cow's milk protein-free formula



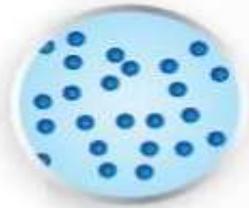
Regular cow's milk formula



Partially Hydrolysed formula



Extensively Hydrolysed formula



Amino acid formula



### ✗ NOT Suitable

#### 1) Cow's milk formula:

Whole cow's milk protein that has not been broken down

#### 2) Partially hydrolysed formula: (Commonly known as hypoallergenic formula)

Cow's milk protein is only partially broken down and can still trigger allergic reactions.

**Examples:** Aptamil HA, Dumex Mamil Gold HA, Enfamil Gentlease, Nan HA, Similac Total Comfort

#### 3) Goat's milk formula:

Goat's milk protein is similar to cow's milk protein and may cause an allergic reaction.

**Examples:** Holle, Karihime, Healtheries

### ✓ Suitable

#### 1) Extensively hydrolysed formula:

Most cow's milk protein broken down into small pieces.

**Examples:** Alfare, Aptamil AllerPro, Alimentum, Nutramigen

#### 2) Amino acid formula:

All cow's milk protein broken down into simplest and smallest form. Tolerated by children with severe allergic reactions.

**Examples:** Neocate LCP, Neocate Junior, Comidagen, Comidagen Plus

#### 3) Soy formula/ Soy milk:

Some children who are allergic to cow's milk will also react to soy formula. **Only used if advised.**

**Examples:** Dumex Mamil Gold Soy, Enfamil Soy, Isomil, S26 Nursoy, Nutrisoy, Marigold High Calcium Soy Milk



## What about plant-based milk alternatives?

- Should not be used as main drink before 2 years old due to their lower nutritional value (especially fat, protein and calcium).
- Should only be used if recommended by your child's allergist and/or dietitian.
- **Rice milk** is not suitable as a main drink for children under 4½ years old due to concerns with its naturally occurring high arsenic content.



Note: Breastfeeding mothers following a cow's milk free diet may require a daily calcium supplement if they are not able to get adequate calcium from their diet.

## Label reading

- Check food labels when you purchase any packaged food product.
- The **ingredients list** and **allergen statement** helps you identify if the food product contains any allergen(s).
- Check the ingredients list thoroughly if there is no allergen statement available.
- Ingredients are listed in order of weight, so the main ingredients come first.
- It is best to avoid eating the food if there is no labelling.





## Avoid foods that contain any of the following ingredients:



- × Artificial butter flavour, butter-flavoured oil
- × Butter, butter fat, buttermilk, butter oil, butter solids, butter acid, butter ester(s)
- × Calcium or sodium caseinate
- × Casein and caseinates (*in all forms*)
- × Cheese (*all types*), cheese flavour
- × Condensed milk
- × Cream (*including sour cream, sour cream solids, Crème fraiche*)
- × Curds
- × Custards
- × Dairy solids
- × Evaporated milk
- × Fromage frais
- × Ghee
- × Goat's milk and milk from other animals
- × Hydrolysed casein
- × Hydrolysed whey
- × Ice-cream
- × Imitation milk
- × Lactalbumin

- × Lactoacidophilus, lactic acid starter culture and other bacterial cultures
- × Lactoferrin
- × Lactoglobulin
- × Malted milk
- × Margarine
- × Milk chocolate
- × Milk powder (all types)
- × Milk protein
- × Milk sugar
- × Milk solids, non-fat milk solids
- × Nondairy creamers (*may contain casein*)
- × Nougat
- × Pudding
- × Recaldent®
- × Rennet, rennet casein
- × Sour cream
- × Sour milk solids
- × Whey, whey solids, whey protein, hydrolysed whey
- × Yoghurt

These ingredients do not contain cow's milk protein and do not need to be avoided:

- Cocoa butter
- Cream of tartar
- Lactic acid (lactic acid starter culture may contain milk)
- Sodium or calcium lactate, Sodium or calcium stearoyl lactylate





**This is not a complete list of foods which may contain cow's milk.  
ALWAYS check the label of every product and food item EVERY time you purchase.**

Food group	✓ Milk-free foods	May contain milk	× Foods to avoid
<b>Bread, buns &amp; biscuits</b>	<ul style="list-style-type: none"> <li>Milk-free bread e.g. Top One brand</li> <li>Milk-free biscuits and crackers</li> </ul>		<ul style="list-style-type: none"> <li>Most bread, bun, pastries</li> <li>Most cakes, biscuits, crackers, muffins, pancakes</li> <li>Pizza</li> </ul>
<b>Rice &amp; alternatives</b>	<ul style="list-style-type: none"> <li>White rice, brown rice, porridge, oats, wheat flour, barley and other grains</li> <li>Bee hoon, kway teow, tang hoon</li> <li>Plain iddli, chappati, thosai</li> <li>Pasta, spaghetti</li> </ul>		<ul style="list-style-type: none"> <li>Prata if made with ghee</li> <li>Thosai with butter and/or cheese</li> <li>Baking mixes</li> <li>Lasagne,</li> <li>Pasta with cream or cheese based sauces</li> <li>Rice pudding</li> </ul>
<b>Cereals &amp; grains</b>	<ul style="list-style-type: none"> <li>Milk-free infant cereals (check labels)</li> <li>Breakfast cereals e.g. cornflakes, rice krispies, Weetabix</li> </ul>	<ul style="list-style-type: none"> <li>Infant cereals</li> <li>Ready-to-eat oatmeal porridge, granola</li> <li>Baking powder, modified or hydrolysed starch, thickeners</li> </ul>	<ul style="list-style-type: none"> <li>Most muesli, breakfast cereals</li> <li>Infant cereal with milk</li> <li>Baby rusk / teething rusk</li> </ul>
<b>Fruit and Vegetables</b>	<ul style="list-style-type: none"> <li>All fresh, frozen, dried and canned fruits and vegetables</li> <li>Freshly squeezed fruit and vegetable juice</li> </ul>	<ul style="list-style-type: none"> <li>Calcium-fortified/ Commercial fruit/vegetable juice</li> <li>Potato products</li> <li>Fruit pie fillings</li> <li>Pre-packed vegetables for roasting</li> <li>Vegetables in sauces</li> </ul>	<ul style="list-style-type: none"> <li>Mashed potatoes (instant and in restaurants)</li> </ul>
<b>Meat, fish, poultry, eggs</b>	<ul style="list-style-type: none"> <li>All fresh and frozen meat, fish and chicken</li> <li>Canned fish in brine, oil or water</li> <li>Eggs</li> </ul>	<ul style="list-style-type: none"> <li>Processed meats e.g. sausages, ham, chicken nuggets, luncheon meats</li> </ul>	<ul style="list-style-type: none"> <li>Fish fingers (check label)</li> <li>Canned fish with flavourings</li> <li>Scrambled egg/ omelette that contains milk/ cream/ butter</li> <li>Quiche</li> <li></li> <li>Cheese tofu</li> </ul>
<b>Soy products</b>	<ul style="list-style-type: none"> <li>Tofu, egg tofu, tau kwa, bean curd dessert</li> </ul>		
<b>Nuts, beans, lentils and vegetarian protein</b>	<ul style="list-style-type: none"> <li>Raw nuts, nut butters</li> <li>Lentils and pulses</li> <li>Canned/ dried beans and legumes</li> </ul>	<ul style="list-style-type: none"> <li>Vegetarian paté, cutlets, sausages, burgers, mince and ready meals</li> </ul>	<ul style="list-style-type: none"> <li>Nuts flavoured with cheese powder</li> </ul>





Food group	✓ Milk-free foods	May contain milk	✗ Foods to avoid
<b>Milk &amp; milk beverages</b>	<ul style="list-style-type: none"> <li>Milk substitutes (refer to page 1 &amp; 2)</li> </ul>		<ul style="list-style-type: none"> <li>All cow's milk infant and growing-up formulas</li> <li>All types of milk (condensed, evaporated, fresh, lactose-free, low-lactose, powdered, UHT)</li> <li>All cultured milk e.g. Vitagen, Yakult</li> <li>Goat's milk and milk from other animals</li> <li>Malted drinks e.g. Milo, Ovaltine, Horlicks</li> <li>Drinking chocolate e.g. Cadbury, Hershey's, Van Houten, Swiss Miss</li> <li>3-in-1 beverages e.g. 3-in-1 coffee, tea or cereals</li> <li>High protein drink powders</li> </ul>
<b>Cheese</b>	<ul style="list-style-type: none"> <li>Soy cheese</li> </ul>		<ul style="list-style-type: none"> <li>All cheeses including cheddar, cottage, cream, processed</li> <li>Paneer</li> </ul>
<b>Yoghurt and desserts</b>	<ul style="list-style-type: none"> <li>Soy yoghurts and desserts e.g. Alpro, Sojasun, SoyLife brands</li> <li>Coconut milk yoghurt e.g. Coyo brand</li> <li>Plain/ fruit jellies</li> </ul>	<ul style="list-style-type: none"> <li>Coconut ice cream</li> </ul>	<ul style="list-style-type: none"> <li>All yoghurts and yoghurt drinks</li> <li>Cream, Crème fraiche, sour cream, whipping cream</li> </ul>
<b>Fats and Oils</b>	<ul style="list-style-type: none"> <li>Oil</li> <li>Lard</li> <li>Milk-free margarine e.g. Nuttelex</li> </ul>		<ul style="list-style-type: none"> <li>Butter</li> <li>Shortening</li> <li>Margarine</li> <li>Ghee</li> </ul>
<b>Miscellaneous</b>	<ul style="list-style-type: none"> <li>Jam, honey, kaya, marmalade, maple syrup</li> <li>Coconut milk</li> </ul>	<ul style="list-style-type: none"> <li>Mayonnaise</li> <li>Most stock cubes</li> <li>Tomato ketchup</li> <li>Canned soups (non-cream based)</li> <li>Pre-packed curry and laksa paste</li> </ul>	<ul style="list-style-type: none"> <li>Chocolate spreads e.g. Nutella</li> <li>Confectionery e.g. chocolates</li> <li>Maggi Chicken stock cubes</li> </ul>

Additionally, do note that cow's milk may also be found in:

- Dishes when eating out e.g. butter on steaks after grilling to add extra flavor, in gravies and sauces
- Some medications/ supplements

**This table is only a guide, always check the labels first!**

Please contact our dietitian if you have any queries. Tel: 63941646

