

MILK Allergen Card



Ingredients to avoid if you are allergic to milk*:

ALL DAIRY PRODUCTS

A2 Milk
Ammonium caseinate
Butter/Butter fat
Calcium caseinate
Casein
Casein hydrolysate
Caseinates
Cheese
Cream
Cultured buttermilk
Curds
Delactosed whey
Ghee
Hydrolysed casein
Hydrolysed whey
Infant formula cow's milk based including partially hydrolysed (HA) formula
Imitation milk
Lactalbumin
Lactalbumin phosphate
Lacto acidophilus
Low fat milk
Magnesium caseinate
Malted milk
Milk⁺
Nougat
Potassium caseinate
Rennet casein
Sodium caseinate
Sour cream
Skim milk
Sweet whey
Whey protein
Whey solids
Whey/Whey powder
Yoghurt

+Any product containing the word milk from an animal source must be avoided (eg goat milk).

***Lactose does not normally contain the protein that causes reactions, but there may be a risk of contamination with milk protein. Lactose found in medication is generally safe*

Products which might contain milk include:

Baked goods (cakes,etc)
Batter fried foods
Bottled water
Canned products (i.e.any)
Caramel lollies
Cheese
Cheese powder
Chocolate
Coated/seasoned foods
Custards and puddings
Deli meats
Dips
Egg replacers
Fat substitutes
Flavouring (natural/artificial)
Flavoured coffees, drinks
Frozen desserts
Fruit Juice
Gravy
Herbal medicine
High protein flour
Ice cream
Lactic acid starter culture
Margarine spreads
Meat pies
Non-dairy cheeses
Non-dairy whiteners
Pastries
Poultry/turkey (basted)
Probiotics
Protein hydrolysate
Salad dressings
Sauces and spreads
Sausages
Soups/soup mixes
Sports drinks
Stock
Vegetable stock
Whitener

**This is not a complete or comprehensive list of ingredients to avoid but is intended as a helpful aid for living with milk allergy. It is NOT meant to replace medical advice given by your doctor.*

Remember: Cosmetics, lotions, shampoos, moisturisers and the like can contain food allergens. Some medications (prescribed and over the counter) and alternate therapies can also contain food allergens.

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Your trusted charity for allergy support

FOOD ALLERGY SAFETY

Avoidance of the food allergen is crucial if you are food allergic.

There are many strategies you can put in place to help reduce the risk of an allergic reaction or anaphylaxis. Strategies include:

- Plan ahead.
- Educate those around you.
- Always read the food label, even if the product has been purchased and eaten safely before.
- If there is no label and you cannot access clear information on food content, do not eat the food.
- Have a safe snack available when you go out. If you are hungry, you will be more tempted to take a risk with a non-labelled food purchase.
- Do not share straws, cups, cutlery and other food utensils.
- Call food manufacturers and ask about food labels if you are unsure about a product.
- Be extra careful when eating away from home. Whilst a particular food order may be fine to eat questions must be asked about the risk of cross-contamination during food preparation.
- Check medications, creams, cosmetics and all skin applications for the presence of food allergens.
- Check pet food for allergens (e.g. bird seed for nuts, cat food for fish)
- ALWAYS have your ASCIA Action Plan for Anaphylaxis and your adrenaline autoinjector (EpiPen® or Anapen®) with you.
No Adrenaline = No Eat!

Food allergy is manageable if people are well informed. Australian labelling requires all major allergens to be clearly specified in the ingredient list.

MORE INFORMATION:

- **Food allergy management call 1300 728 000 or visit www.allergyfacts.org.au and www.allergy.org.au**
- **Australian food labelling: www.foodstandards.gov.au or www.afgc.org.au and www.allergenbureau.net**
- **Get advice about a balanced diet from an Accredited Practising Dietitian. Dietitians Association of Australia website: www.daa.asn.au**



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