

## MILK (Dairy) Allergen Card



**Any food containing milk from an animal source (e.g. cow, buffalo, goat, sheep, and camel milks) must be avoided including\*:**

Butter/butter fat/butter oil  
Casein  
Caseinates  
Cheese  
Cheese powder  
Chocolate (e.g. white, milk & DARK)  
Cream  
Curds  
Custard  
Ghee  
Hydrolysates (casein, milk protein, whey)  
Ice cream/gelato  
Infant formula (cow's milk based) incl. partially hydrolysed (HA) formula  
Kefir  
Lactalbumin  
Lactoglobulin  
Lactose free dairy products  
Malted milk  
Milk (e.g. skim, low fat, fat free, lactose free, condensed, buttermilk, cultured, evaporated, powdered, dried, A2, Acidophilus milk, protein, milk solids, non-fat milk solids)  
Milk ice blocks  
Milk shakes  
Rennet casein  
Simplesse  
Smoothies  
Sour cream  
Whey (powder, protein, solids, delactosed)  
Yoghurt

## 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 including anaphylaxis.**

### When eating away from home:

- Plan ahead; educate those around you.
- Tell wait staff and/or food preparation staff about your food allergy. When you tell wait staff about your allergy, consider giving them an A&AA Chef Card, a helpful tool to help you communicate your allergy. Scan the QR code on this card for Chef Card information.
- Have an appropriate 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 food.
- Do not share straws, cups, cutlery and other food utensils.
- ALWAYS have your ASCIA Action Plan for Anaphylaxis and your adrenaline injector with you.  
No Adrenaline = No Eat!

### When buying packaged food:

- Always read the ingredient list on 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.
- Call food manufacturers and ask about food ingredients if you are unsure about a product.
- Note: Warning statements such as "May contain..." are voluntary.
- Australian labelling requires all common allergens to be listed on the food label.

### Allergens found in other products

- Check cosmetics, lotions, shampoos, soaps, moisturisers and products used on the skin for food allergens.
- Check medications (prescribed and over the counter), supplements, herbal medicines and alternate therapies for food allergens.
- Check pet food for food allergens (e.g. bird seed for peanut and tree nuts, cat food for fish).

## MILK (Dairy) Allergen Card

### Products and foods which might contain milk include:

Alcoholic and non-alcoholic drinks (e.g. cocktails and mocktails)  
Baked/bakery foods (e.g. cakes, biscuits, muffins, pastries, crackers, bread, pies, slices)  
Battered fried foods  
Bottled water (e.g. flavour or protein enriched)  
Bread, breadcrumbs  
Breakfast cereal  
Canned spaghetti  
Caramel or butterscotch (e.g. lollies, sauces or desserts)  
Coated/seasoned foods  
Coconut products (e.g. coconut water, milk, cream and powder)  
Coffee/beverage whitener (e.g. non-dairy)  
Cold/processed meats (e.g. ham, salami, prosciutto)  
Dental treatments (e.g. tooth mousse)  
Dips  
Egg replacers  
Fat substitutes  
Flavouring (natural/artificial)  
Flavoured coffees, drinks  
Frozen desserts  
Fruit Juice  
Glazed/basted foods  
Gravy  
Herb and garlic pastes  
High energy foods and powders with added protein  
High protein flour  
Icing  
Infant rusks/rice cereals  
Mashed potato (e.g. instant and fresh)  
Lactic acid starter culture  
Lollies and confectionery  
Malted milk powder  
Margarine spreads  
Milk drink flavouring  
Non-dairy cheeses (e.g. soy cheese)

Cont.

Nougat  
Pasta sauces  
Plant-based milk (e.g. coconut)  
Poultry/turkey (basted)  
Probiotics and probiotic drinks (e.g. lactobacillus acidophilus)  
Salad dressings  
Sauces and spreads  
Sausages  
Soups/soup mixes  
Sports drinks, protein shakes  
Stock  
Stuffing

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

Vegan food is not always safe for people with milk allergy.

Check when purchasing food that may be cooked in oil e.g. chips, that the oil has not been contaminated by cooking milk.

Scan the QR code for more information or call 1300 728 000 or visit [www.allergyfacts.org.au](http://www.allergyfacts.org.au)



**\*This is not a complete list of ingredients and foods 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.**