

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	Lactoglobulin
Casein	Lactose free dairy products
Caseinates	Malted milk
Cheese	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)
Cheese powder	
Chocolate (e.g. white, milk & DARK)	
Cream	
Curds	
Custard	
Ghee	
Hydrolysates (casein, milk protein, whey)	Milk ice blocks
Ice cream/gelato	Milk shakes
Infant formula (cow's milk based) incl. partially hydrolysed (HA) formula	Rennet casein
Kefir	Simplese
Lactalbumin	Smoothies
	Sour cream
	Whey (powder, protein, solids, delactosed)
	Yoghurt

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.

Products and foods which might contain milk include:

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

***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.**

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 below 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).



**Scan the QR code for more information
or call 1300 728 000 or visit
www.allergyfacts.org.au**