

MILK Allergen Card



A2 Milk
Butter/Butter fat/Butter oil
Buttermilk
Casein/Caseinates
Cheese
Cheese powder
Cream
Curds
Custard
Ghee
Hydrolysates (casein, milk protein, whey)
Ice cream
Infant formula cow's milk based including partially hydrolysed (HA) formula
Lactalbumin
Lactoglobulin
Lacto acidophilus
Malted milk
Milk (eg. skim, low fat, condensed, evaporated)
Milk derivative
Milk protein
Milk solids
Non-fat dairy solids
Non-fat milk solids
Rennet casein
Sour cream
Whey/Whey powder/whey protein/whey solids/delactosed whey
Yoghurt

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*+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:

Biscuits, cakes, pastries, puddings
Battered fried foods
Bottled water
Bread, breadcrumbs
Breakfast cereal
Caramel or butterscotch (lollies or desserts)
Chocolate (white, milk & dark)

Coated/seasoned foods
Coconut products (including coconut water, milk, cream and powder)
Deli meats
Dips
Egg replacers
Fat substitutes
Flavouring (natural/artificial)
Flavoured coffees, drinks
Frozen desserts
Fruit Juice
Glazed/basted foods
Gravy
Herbal medicine
High protein flour
Imitation milk (eg. soy, almond, coconut)
Instant mashed potato
Lactic acid starter culture
Margarine spreads
Meat pies
Milk drink flavouring
Milk ice blocks
Non-dairy cheeses
Nougat
Poultry/turkey (basted)
Probiotics
Salad dressings
Sauces and spreads
Sausages
Soups/soup mixes
Snack food
Sports drinks, protein shakes
Stock
Supplements (vitamins and minerals)
Whitener (inc. non-dairy)

**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.* A&AA© 2016



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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. Strategies include:

- Plan ahead; educate those around you.
- Always read the food label, even if the product has been purchased and eaten safely before.
- Disclose your allergy when eating out.
- If there is no label and you cannot access clear information on food content, do not eat the food.
- 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 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 storage, preparation and serving.
- 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 (epinephrine) autoinjector (EpiPen®) 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. Note: Warning statements such as “May contain...” are voluntary.

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 www.afgc.org.au and www.allergenbureau.net
- Dietitians Association of Australia www.daa.asn.au
- NSW Food Authority www.foodauthority.nsw.gov.au

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