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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
Simplese
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).



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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



***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.**



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