

# Advice for a cow's milk free diet

## Introduction

Firstly, it is important to distinguish between lactose-free and free of cow's milk protein. This folder is intended for people who are allergic to cow's milk protein or are breastfeeding babies who are allergic to cow's milk protein. People who are allergic to cow's milk protein have an immune system which reacts to the protein in the milk and signals milk as an "enemy", which means that milk needs to be excluded from the diet. People who are lactose intolerant have difficulty breaking down milk sugar (lactose) in their food and rarely have to eat a diet entirely free of milk protein, as recommended for those with an allergy to cow's milk protein.

### **Ingredients and products that may contain milk protein :**

Animaliskt fett	Kvarg	Natriumkaseinat
<i>Animal fat</i>	<i>Quark</i>	<i>Sodium caseinate</i>
Choklad	Kärnmjölkspulver	Ostpulver
<i>Chocolate</i>	<i>High-fat milk powder</i>	<i>Cheese powder</i>
Crème fraiche	Laktos (mjölksocker)*	Ost
<i>Crème fraîche</i>	<i>Lactose (milk sugar)*</i>	<i>Cheese</i>
Fetaost	Margarin	Skorpsmulor
<i>Feta cheese</i>	<i>Margarine</i>	<i>Crumbed rusks</i>
Fil	Matfett/matfettsblandning	Skummjölkspulver
<i>Fermented milk (fil)</i>	<i>Fats and spreads</i>	<i>Skimmed milk powder</i>
Färskost	Messmör	Smältost
<i>Cream cheese</i>	<i>Whey cheese</i>	<i>Processed cheese</i>
Glass	Mesost	Smör/smörfett
<i>Ice cream</i>	<i>Soft whey cheese</i>	<i>Butter/butterfat</i>
Grädde	Mjukost	Ströbröd
<i>Cream</i>	<i>Soft cheese</i>	<i>Breadcrumbs</i>
Gräddfil	Mjök	Torrmjölkspulver
<i>Sour cream</i>	<i>Milk</i>	<i>Dried milk powder</i>
Gräddpulver	Mjökalbumin	Vassle
<i>Cream powder</i>	<i>Milk albumin</i>	<i>Whey</i>
Kasein/kaseinat	Mjökprotein	Vasslepulver
<i>Casein/caseinate</i>	<i>Milk protein</i>	<i>Whey powder</i>
Kesella	Mjökpulver	Välling
<i>Kesella</i>	<i>Milk powder</i>	<i>Milk cereal drink</i>
Keso	Mjökäggvita	Yoghurt
<i>Cottage cheese</i>	<i>Milk egg white</i>	<i>Yogurt</i>

\*Lactose in medication contains no demonstrable amounts of cow's milk protein and therefore does not need to be avoided.

Lactose in food can however, contain large amounts and may need to be avoided.

## Other issues to consider:

### Labelling rules

#### **LISTS OF INGREDIENTS**

According to European labelling rules, milk and milk products must always be stated in lists of ingredients if they are included in a food. Make it a habit to ALWAYS read the list of ingredients; recipes may change and products which did not previously contain milk may do so now or vice versa.

### Food

#### **MILK PRODUCTS**

All kinds of milk and dairy products must be excluded from the diet and replaced with other products. Supermarkets stock a number of other alternatives (usually) based on oats, rice or soy. These are excellent for older children and adults. Which products can be used to replace milk depends on the energy and nutritional requirement. Babies and young children often need complete special substitute products following dietary advice.

#### **SHEEP'S AND GOAT'S MILK**

The protein in milk from other animals such as sheep and goats is very similar to that in cow's milk and should therefore be avoided.

#### **FATS AND SPREADS**

Butter and margarine usually contain milk. If margarine is necessary, there are some kinds which do not contain milk. Pure oils do not contain milk.

#### **BREAD**

A large amount of bread is milk-free as it is usually baked from water and oil, but do always read the list of ingredients. Sweet breads and pastries often tend to contain milk and margarine or butter.

#### **PORRIDGE**

Pure grains are milk free but semolina and rice porridge are traditionally cooked using milk, while oat porridge and rye porridge are traditionally cooked using water.

### **SANDWICH TOPPINGS**

All types of cheese contain milk. Pure meat such as smoked/boiled ham is milk free. However, processed products such as sausage and liver pâté may sometimes contain milk. Choose a milk-free version.

### **MEAT AND FISH**

All pure meat is milk free, but processed meat products may contain milk. Always carefully read the ingredients of charcuterie products such as sausage, black pudding, fish fingers, fish balls, etc.

### **FRUIT, VEGETABLES AND POTATOES**

All are milk free in their pure form (also when cooked and preserved) but products such as powdered soups or instant mashed potato usually contain milk.

### **MISCELLANEOUS**

Be extra cautious with all types of processed food. Milk can be found where you would least expect it. Carefully check stock cubes, ready-made sauces/ready meals, sweets, chocolate and crisps, etc.

## Energy and nutrition

### **BABIES AND YOUNG CHILDREN**

Babies and young children have high energy and nutritional requirements. A milk-free diet can easily become low in energy and nutrients as milk products make up a large proportion of our food culture. You therefore need to be extra careful to make sure that children are given complete substitute products adapted to their needs once they stop breastfeeding. Talk to your doctor or dietician.

### **CALCIUM**

Milk products account for a large proportion of our calcium intake and depending on what they are replaced with, it may be necessary to take an extra calcium supplement. Talk to your doctor or dietician.





[www.nutramigen.se](http://www.nutramigen.se)

### On the website:

- A dietician or a paediatrician will be able to answer your questions about milk protein allergy and children.
- Order or download recipes and other material about a cow's milk protein-free diet.
- Read more about our products.

### For further information or questions:

- Contact our customer services  
Tel. 08-586 33 500



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Abigo and Mead Johnson Nutrition support the WHO's recommendations that breast milk is the best food for babies.