



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 :

Animalsk fedt	Kvark	Natriumkaseinat
<i>Animal fat</i>	<i>Quark</i>	<i>Sodium caseinate</i>
Chokolade	Sødmælkspulver	Ostepulver
<i>Chocolate</i>	<i>High-fat milk powder</i>	<i>Cheese powder</i>
Cremefraiche	Laktose (mælkesukker)	Ost
<i>Crème fraîche</i>	<i>Lactose (milk sugar)*</i>	<i>Cheese</i>
Fetaost	Margarine	Brødkrummer
<i>Feta cheese</i>	<i>Margarine</i>	<i>Crumbed rusks</i>
Syrnede	Minarine	Skummetmælkspulver
mælkeprodukter	<i>Fats and spreads</i>	<i>Skimmed milk powder</i>
<i>Fermented milk (fil)</i>	Valleost	Smelteost
Flødeost	<i>Whey cheese</i>	<i>Processed cheese</i>
<i>Cream cheese</i>	Blød valleost	Smør/blandingsprodukt
Is	<i>Soft whey cheese</i>	ex. Kærgården
<i>Ice cream</i>	Revet ost	<i>Butter/butterfat</i>
Fløde	<i>Soft cheese</i>	Rasp
<i>Cream</i>	Mælk	<i>Breadcrumbs</i>
Syrnet fløde	<i>Milk</i>	Tørmælk
<i>Sour cream</i>	Mælkealbumin	<i>Dried milk powder</i>
Pulverfløde	<i>Milk albumin</i>	Valle
<i>Cream powder</i>	Mælkeprotein	<i>Whey</i>
Kasein/kasinat	<i>Milk protein</i>	Vallepulver
<i>Casein/caseinate</i>	Mælkepulver	<i>Whey powder</i>
Kvark	<i>Milk powder</i>	Yoghurt
<i>Kesella</i>	Mælkeæggehvide	<i>Yogurt</i>
Hytteost	<i>Milk egg white</i>	
<i>Cottage cheese</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.





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