

TOP 9 THINGS TO KNOW ABOUT MILK ALLERGY

By Steven Tan, MD



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#1

MILK ALLERGY IS THE MOST COMMON FOOD ALLERGY IN INFANTS AND YOUNG CHILDREN.



More than 200,000 people are affected, including up to 3 percent of children under the age of three.

Good news! 80 percent are likely to outgrow it by the age of 16.

#2

IT IS THE PROTEIN IN MILK THAT IS THE LIKELIEST CAUSE OF SERIOUS REACTIONS.

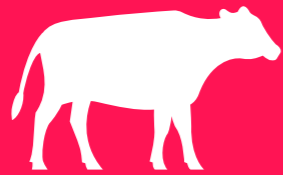


Three proteins are the most common culprits:

- ▶ Casein, found in the milk solids (curd)
- ▶ Alpha-lactalbumin and beta-lactalbumin, both found in the milk liquid (whey)

#3

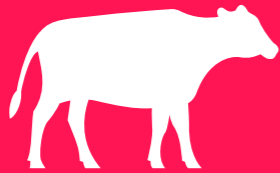
**IF YOU HAVE A MILK ALLERGY,
AVOID FOODS THAT
ALL DAIRY.**



This includes milk, cream, half and half, yogurt, butter, ice cream, cheese, etc. The fat content (whole fat, low fat, fat-free) does not matter. Also avoid other animal milks (goat, sheep, buffalo) due to cross reactivity.

#4

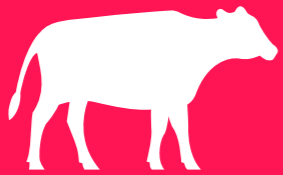
MILK IS SOMETIMES HIDDEN IN FOODS WHERE YOU MIGHT NOT EXPECT TO FIND IT.



Avoid casein, whey and anything with “lact” in the name, even in “non-dairy” foods. These can include canned tuna, sausage, deli and processed meats, chewing gum, candies (caramel, chocolate, nougat), artificial butter/cheese and baked goods. Also check your protein powders and energy drinks.

#5

TRY MILK SUBSTITUTES SO YOU DON'T MISS OUT ON THE DAIRY FOOD EXPERIENCE.



You can use water and juice in some recipes. Soy, rice and almond milks may also be worth exploring, but check the labels to be sure. For infants, allergy-safe alternative formulas exist. You can also breastfeed, but mom should avoid milk.

#6

FOOD LABELS MUST INDICATE THE PRESENCE OF MILK AND MILK PRODUCTS.



Food products containing milk are required by law to disclose it on food labels. However, advisory labels indicating cross contamination, foods made in a shared facility and storage and transportation issues are not required.

#7

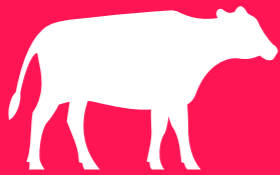
MILK ALLERGY IS NOT THE SAME AS LACTOSE INTOLERANCE.



Milk allergy is an allergic reaction to milk proteins and can be life threatening. Lactose intolerance is an inability to digest milk sugars (lactose) and is uncomfortable, but rarely dangerous.

#8

NO MATTER YOUR ALLERGY, THE BEST STRATEGY IS AVOIDANCE.



Currently there is no cure - the best strategy is to avoid milk and its proteins.

- ▶ Epi shot is usually recommended for severe symptoms.
- ▶ Antihistamines are usually used for mild symptoms.
- ▶ If you're breastfeeding a child with milk allergy, you should avoid foods containing milk.
- ▶ See your doctor for guidance.

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#9

**LETTING OTHERS KNOW
ABOUT YOUR MILK ALLERGY IS
AN IMPORTANT WAY TO
STAY SAFE.**



Create your **FREE** milk allergy profile at [selectivor.com](https://www.selectivor.com) and share it with others so you're never left out!



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