



## DAIRY FREE DIET

- It takes two weeks of this diet to see results
- Even if no improvement occurs within 2 weeks, it is essential to add each food back separately to see if the symptoms can be provoked or worsened.
- Add small amounts the first day because there is an increased sensitivity to the food.
- Eventually add larger amounts for the next 3 days.

### AVOID THESE FOODS:

- Milk – cow, sheep, goat, (fresh, powdered, skimmed)
- All Cheeses from these milks
- Cream / Ice Cream
- Butter & most margarines
- Yoghurt
- Chocolate – all chocolate flavours including Milo, Fortagen, Aktavite, Quik etc, and Cocoa.
- Cola cross-reacts with chocolate and causes symptoms so avoid Coke & Cola drinks, Tab etc.
- Green Cordials contain Cola so avoid all green cordials
- Beef & Gelatine – Sometimes (not only in babies), sensitivity to milk also means sensitivity to beef & gelatine

Many foods contain milk e.g. Mayonnaise, Coffee Mate, Mousse, Sustain, Twisties, Cheezels. Always read the label (NB: Sodium caseinate = casein from milk & whey).

### SOME SUBSTITUTES:

- Milk – Rice milk – avoid soymilks as soy allergy is becoming more frequent in Australia.
- Ice cream – Sorbets, tofu or home made desserts.
- Butter – Nuttelex is one of the only dairy free spreads available.

Breakfast is the main hurdle! Use fruit juice or rice milk if cereals are to be continued.

### OTHER FOODS TO BE WARY OF:

- Breakfast cereals may contain milk eg. Muesli – always check labels.
- Biscuits often contain milk eg. Jatz – always read ingredients.
- Breads – many are milk free but you need to check.
- Cakes: make your own as they will contain milk unless specified, avoid packet mixes

**DAIRY AND BABIES/CHILDREN:** 70 – 80% of children outgrow their milk 'allergy' by 2 years of age. However many will redevelop their problem again in later life. It is important to note that cow's milk intolerance symptoms vary over the years. A colicky, irritable, unhappy infant who never sleeps is a typical early pattern. There may be spontaneous remission and nothing may further develop for years. However eczema, recurrent colds and wheezy bronchitis, glue ear and even migraine may occur later. Recurrent croup is especially suggestive of cows' milk intolerance.

**REMEMBER! A SMALL AMOUNT OF AN OFFENDING FOOD DOES MATTER!  
THE DIET IN THE INITIAL 2 WEEKS MUST BE STRICT**