

# Allergy and Immunology



## **COWS MILK AND SOY ALLERGY**

Cow's milk is one of the most common causes of food allergic reactions in children and some children allergic to cow's milk will also react to soy protein. Fortunately most children will outgrow both their cow's milk and soy allergies but this may not be at the same time.

### **HOW CAN YOU TELL WHEN MY CHILD HAS OUTGROWN THEIR COWS MILK OR SOY ALLERGY?**

The doctors will determine whether your child has grown out of their allergy by a combination of allergy testing and food challenge with milk or soy. If your child has a type of allergy that can be diagnosed with allergy testing this may be used to monitor your child's allergies. A positive allergy test does not always mean your child will have symptoms when they have milk or soy products, therefore a challenge may be the only way to determine if your child has grown out of their allergy. Challenges may need to be done in a hospital by experienced medical staff with emergency resuscitation medications and facilities available. Do not do challenges at home unless instructed to do so by your doctor.

### **HOW DO YOU TREAT COWS MILK AND SOY ALLERGY?**

There is currently no treatment for food allergy. If your child has confirmed cows milk and soy allergies avoiding foods that contain milk and soy is the only way to prevent symptoms. Heating and processing can change the proteins in foods making them less allergenic. Your child may be able to tolerate baked or processed forms of milk or soy without reactions. Your doctor will advise you what forms of milk and soy can be included.

### **HOW IS COWS MILK ALLERGY DIFFERENT TO LACTOSE INTOLERANCE?**

Lactose intolerance is when the body has difficulty digesting lactose, the natural SUGAR found in milk. Cows milk allergy is when the immune system reacts to the PROTEIN in milk. Lactose free products still contain cows milk protein and are not suitable for people with cows milk allergy.

### **HOW CAN MY CHILD AVOID MILK AND SOY**

If your child has confirmed cow's milk and soy allergy avoiding foods that contain both cow's milk and soy is the only way to prevent symptoms. Other animal milks (goat and sheep) contain similar proteins to cow's milk and should also be avoided. Cow's milk is found widely in the foods we eat and surprisingly soy is an ingredient in many commercial food products. It is important to read and understand food labels to be able to choose foods that are safe for your child.

<p><b>Foods and ingredients <u>that contain</u> cow's milk and/or soy protein</b></p>	<ul style="list-style-type: none"> <li>• A2 milk</li> <li>• Bean curd</li> <li>• Butter</li> <li>• Buttermilk</li> <li>• Casein and caseinates</li> <li>• Cheese</li> <li>• Cheese powder</li> <li>• Cheesybite spread</li> <li>• Cheese spreads</li> <li>• Condensed milk</li> <li>• Cottage cheese</li> <li>• Cream</li> <li>• Cream cheese</li> <li>• Curds</li> <li>• Custard</li> <li>• Dairy solids</li> <li>• Edamame</li> <li>• Evaporated milk</li> <li>• Ghee, butter oil or butter fat</li> <li>• Goat and sheep's milk</li> <li>• Feta cheese</li> <li>• Hydrolysates (casein, milk protein, whey)</li> <li>• Ice cream</li> <li>• Infant formula (cows milk based including HA)</li> <li>• Lactalbumin</li> </ul>	<ul style="list-style-type: none"> <li>• Lactoglobulin</li> <li>• Lactose free milk</li> <li>• Milk – low fat, skim, A2, UHT</li> <li>• Milk derivative</li> <li>• Milk protein</li> <li>• Milk solids</li> <li>• Miso soup</li> <li>• Nonfat dairy or milk solids</li> <li>• Probiotic drinks</li> <li>• Ricotta cheese</li> <li>• Skim milk solids</li> <li>• Sustagen, Pediasure and other high protein drink powders</li> <li>• Sour cream</li> <li>• Soy beans</li> <li>• Soy bean paste</li> <li>• Soy bean sprouts</li> <li>• Soy cheese</li> <li>• Soy desserts and icecream</li> <li>• Soy flour</li> <li>• Soy milk and formula</li> <li>• Soy protein isolate</li> <li>• Soy sauce</li> <li>• Soy yoghurt</li> <li>• Whey</li> <li>• Yoghurt</li> </ul>
<p><b>Foods and ingredients <u>likely to contain</u> cows milk and soy protein</b></p>	<ul style="list-style-type: none"> <li>• Baked goods –biscuits, cakes, pastries</li> <li>• Breads</li> <li>• Breakfast cereals</li> <li>• Canned spaghetti</li> <li>• Caramel, fudge, butterscotch</li> <li>• Chocolate</li> <li>• Commercial baby foods</li> <li>• Confectionary</li> <li>• Crumbed and battered products</li> <li>• Dips</li> <li>• Gravy powders</li> <li>• Fruit Juice drinks- high protein</li> <li>• Infant feeding rusks</li> <li>• Instant mashed potato</li> <li>• Crumbed meat and fish</li> </ul>	<ul style="list-style-type: none"> <li>• Margarine</li> <li>• Milk drink flavouring such as Milo and malted milk powder.</li> <li>• Nougat</li> <li>• Pasta sauces</li> <li>• Potato products – mash, salads and instant potato</li> <li>• Processed meats- sausages, sandwich meats, hamburgers</li> <li>• Sorbet and Gelati</li> <li>• Salad dressings</li> <li>• Soups</li> <li>• Snack foods – crisps, crackers</li> <li>• Textured Vegetable protein</li> <li>• Vegetarian foods</li> </ul>

## **LABEL READING**

### **Ingredients List**

All packaged foods must have an ingredients list. It is law that the common food allergens (peanut, tree nut, seafood, fish, milk, eggs, soybeans and wheat) must be clearly identified, however small the amount. Check this ingredients list carefully for any ingredients that contain milk.

**Example:** Instead of simply casein the ingredients list should read casein (milk) or milk casein.

**ALWAYS** check the ingredients list every time you buy the food as the ingredients of the product may change.

### **“May contain traces of milk and/or soy” statements**

These statements are used by manufacturers to indicate that the product may be contaminated with milk or soy through processing and packaging. At present these statements are voluntary and there are no clear guidelines for companies regarding how and when to use them. The wording of the statements makes it very difficult to determine the level of risk and a product that does not contain the statement may be no safer than a product that does. The chances of having a significant allergic reaction through contamination during processing is extremely unlikely. For children at risk of severe allergic reactions companies can be contacted directly to explore food processing, packaging and cleaning procedures.

**Products labelled as “May be present” have undergone more robust assessment (VITAL) and should be avoided by those with severe reactions to milk or soy.**

**The following foods and ingredients DO NOT contain cows milk or soy protein and can be eaten:**

- Cocoa butter
- Cream of tartar
- Lactic acid- some lactic acid starter culture may however contain milk, so check labels carefully.
- Lactose in medications- Lactose is the sugar contained in cows milk. The pure sugar form is used in medications. The chance of a person with milk allergy reacting to pure lactose in medications is very low.
- Soy lecithin and emulsifier (Additive no.322).
- Soy bean oil

## **COWS MILK AND SOY PRODUCT ALTERNATIVES**

Cows milk and products made from cows milk such as yoghurt and cheese are important sources of energy, protein, fat, calcium and vitamin A and D. Especially for infants and young children, it is important to replace cows milk with a suitable alternative and in adequate amounts to ensure optimal nutrition and growth.

Instead of:	Use
<b>Breastfed infants</b>	Removing cows milk and soy and based products from the maternal diet may sometimes be required. Check this with your doctor or dietitian. Alternatives such as rice or oat milk may be used for your baby in cooking and or on cereals. Infant formula will be required as a breast milk substitute until at least 12 months of age. Maternal calcium supplementation may be required.
<b>Cows milk and soy based infant formula</b>	<p><b>Suitable Alternatives</b> Specialised infant formula prescribed by your doctor will be required. These include: Extensively hydrolysed: Alfare, Pepti Junior, Allerpro* and Novalac Allergy* Amino Acid based: Alfamino, Elecare and Neocate. *available without doctor prescription</p> <p><b>Not suitable</b> Soy formula Lactose free formula HA formula Anti reflux (AR) formula A2 formula Comfort formula</p>
<b>Cows milk or soy milk</b> (children over 12 months of age)	<p><b>Suitable Alternatives</b> Specialised infant formula may need to be continued after 12 months of age. Review of your child's diet at 12 months of age is recommend if cows milk and soy are still needing to be avoided.</p> <p>Rice, oat or other plant milks are low in protein and fat and should only be used with guidance from a dietitian until after 2 years of age. Choose brands with added calcium (120mg/100ml).</p> <p><b>Not suitable</b> Goat and sheep's milks contain similar proteins to cows milk and are not suitable. A2 milk is not suitable.</p>
<b>Yoghurt and Icecream</b>	Coconut based yoghurts and ice-creams are available (See note below).
<b>Cheese and Sour Cream</b>	Cows' milk and soy free cheese products are available (See website details below).
<b>Cream and condensed milk</b>	Rice based cream
<b>Butter and margarine</b>	Milk free margarine
<b>Chocolate</b>	Rice based chocolate

NB. Coconut Products: There has been incidences of imported coconut products (milk, water, cream and powders) containing undeclared cow's milk, therefore caution is advised with use of these products.

If you are having trouble finding products in your supermarket try online allergy or vegetarian stores such as: [www.crueltyfreeshop.com.au](http://www.crueltyfreeshop.com.au) or [www.veganperfection.com.au](http://www.veganperfection.com.au).

### **ALLERGEN MANAGEMENT AT HOME**

Have a plan regarding storage and cooking of foods in your home as cross contamination can occur during storage, cooking and serving of foods.

### **ALLERGEN MANAGEMENT WHILST EATING OUT**

- Parties and eating at cafes and restaurants can pose a challenge for families with a child with a food allergy.
- If your child has an EpiPen prescribed have it with them at all times.
- Plan ahead and discuss your child's allergies in advance
- If you are not sure that the food is suitable do not give it to your child to eat.

### **ALLERGEN MANAGAEMENT AT CHILDCARE AND SCHOOL**

- Ensure your child has an up to date Allergy Action Plan.
- Teach your child not to share food or drinks.
- Excursions and camps will need advanced planning and communication with the childcare centre or school.
- Remind staff about craft activities that may use old food containers and ensure they are clean.

Refer to the ASCIA (Australasian Society of Clinical Immunology and Allergy) website for further resources for Schools and Childcare [www.allergy.org.au](http://www.allergy.org.au)

**For further information refer to:**

**ASCIA** (The Australian Society of Clinical Immunology and Allergy) is the peak professional body of Clinical Immunologists and Allergists in Australia and New Zealand.

Their website contains a wide range of information including Guidelines for prevention of food anaphylactic reactions in schools, preschools and childcare centres and Action plans - [www.allergy.org.au](http://www.allergy.org.au)

**Allergy & Anaphylaxis Australia:** a non-profit organisation that provides information, training and support. Membership provides you with access to local support groups and seminars, quarterly newsletters and discounts on resources. Website contains outlines on each states policy on managing food allergies in schools, preschools and childcare facilities - [www.allergyfacts.org.au](http://www.allergyfacts.org.au)

**FSANZ** (Food Standards Australia and New Zealand): for information on food labeling - [www.foodstandards.gov.au](http://www.foodstandards.gov.au)

**Disclaimer**

**The food and ingredient lists included in this resource are not exhaustive and may change, individuals with food allergy should always check food labels each time a product is purchased.**

**This resource is intended to accompany a medical consultation regarding the management of a diagnosed food allergy.**