

Milk and Soy Free Diet

Cow's milk protein allergy is one of the most common food allergies in children. Some children with a milk allergy also have an allergy to soy and will need to remove both these food groups from their diet. This information sheet will help you understand how to avoid foods containing milk and soy, and which foods are suitable to be used in their place.

The following ingredients CONTAIN cow's milk or soy proteins and must be avoided:

| | | |
|---|--|---------------------|
| A2 milk | Infant Formula (milk or soy) including partially hydrolysed (HA) formula | Soya bean paste |
| Bean Curd | Lactalbumin | Soy bean sprouts |
| Butter/Buttermilk/Butter fat | Lactoglobulin | Soy cheeses |
| Casein/caseinates | Low fat milk | Soy desserts |
| Cheese/cheese powder | Malted milk | Soy flour |
| Condensed milk | Milk | Soy formula |
| Cottage cheese | Milk derivative | Soy ice cream |
| Cream | Milk protein | Soy milk |
| Curds | Milk solids | Soy protein isolate |
| Custard | Miso | Soy sauce |
| Dairy solids | Non-fat dairy solids | Soy yoghurt |
| Edamame | Non-fat milk solids | Tamari |
| Evaporated milk | Skim milk | Tempeh |
| Ghee | Skim milk solids | Teriyaki |
| Hydrolysates (casein, milk protein, whey) | Sour cream | Tofu |
| Ice cream | Soya beans | Whey |
| | | Yoghurt |

What about “May Contain”?

Manufacturers do not need to include a “May Contain” warning on their products. This is a voluntary measure some take. Contact the manufacturer to determine if the food is safe to eat or discuss with your dietitian.

Coconut Products: There have been cases of imported coconut products (milk, water, cream and powders) containing undeclared cow’s milk, therefore caution is advised with the use of these products which have been manufactured overseas.

| Food | Allowed | Avoid |
|-----------------------------|--|--|
| Milk and Dairy | Calcium enriched milk substitute eg. Almond, oat, coconut and rice. Aim for a minimum of 120mg of calcium per 100ml. | Cow’s milk, goat milk, sheep milk, camel milk, soy milk and any products derived from these milks. Caution with imported coconut products (milk, water, cream & powders). |
| Biscuits and cakes | Biscuits, cakes, rusks and crackers that do not contain milk or soy. Homemade alternatives made with milk and soy free ingredients. | All other biscuits, cakes and doughnuts. |
| Fruit and Vegetables | Fresh, frozen, tinned or dried fruit, vegetables and pulses. Dhal, lentils. Plain salad vegetables. Mashed potato prepared with suitable margarine and milk substitute. Soy is a legume– most soy allergic individuals can tolerate other legumes. If in doubt speak to the allergy clinic. | Some vegetables packaged in sauce eg. Coleslaw & potato salad. Processed potato products (eg. Croquettes, instant mashed potato, potato waffles, mashed potato). Fruit pie fillings, fruit fools, fruit mousses. Soya beans. |
| Fats | Milk free, soy free margarine (eg. Nuttlex Original, MeadowLea Dairy Free) | Butter, margarine (which contain milk and soy), ghee. |
| Desserts | Homemade puddings made with suitable milk substitute (eg. Rice pudding, custard, milk jelly). Fresh fruit. Jelly. Coconut ice cream. Milk and soy free yogurts (made with coconut, tree nut or oat based). | Fromage frais, milk or soy yoghurt, ice cream, custard. Premade desserts such as pies, crumbles, sponges and pastries (unless known to be milk and soy free). |
| Sugars and Preserves | Jam, marmalade, honey (over 1 year), sugar, syrups, treacle, chocolate spread which is milk and soy free , Marmite, Vegemite and Bovril. | Lemon Curd. Chocolate spread which contains milk and soy. |

| | | |
|--------------------------|--|---|
| Lollies and chips | Boiled and jelly sweets, pastilles, lollies. Plain potato chips. Vege Chips. Rice milk based dairy and soy free chocolate (eg. Moo Free). Plain, salted or sweetened popcorn. | Normal chocolates (including dark). Fudge, toffee, fruit chews, flavoured potato chips and crackers. Butter and toffee popcorn. |
| Drinks | Water, mineral water, fruit juice, cordial, fizzy drinks. Tea, coffee or cocoa drinks made with suitable milk substitute. Milkshake syrup (except caramel) | Malted milk, hot chocolate, milk shake powders. Caramel syrup flavouring. |
| Miscellaneous | Homemade soups. Tomato based sauces, sweet and sour sauce. Salt, pepper, herbs, spices, mustard, baking powder, flours, yeast, food colouring, beef gravy granules, chutneys. Soy lecithin (additive number 322), soya bean oil are normally tolerated. | Tinned and powdered soups, ready meals, bottles sauces, coated nuts, soy sauce. Chicken flavoured gravy. Finishing Sauces. |

Lactose in medication: lactose is a sugar found in cow's milk. The pure sugar form is used in medications, and the risk of someone with a milk allergy is very low. If in doubt speak to your doctor or pharmacist.

Name and Phone: