



Starting Your Dairy-Free Eating Plan

You have been diagnosed with a cow's milk allergy or intolerance. This handout will get you started on what you should and should not eat or drink.

What are ways to treat cow's milk protein allergy or intolerance?

The only treatment for milk allergy or intolerance is to strictly avoid all food products that contain milk or a milk derivative as an ingredient. Remember that manufacturers may change ingredients and food preparation methods at any time, so you should read the ingredient list on the label each time you shop.

What foods provide similar nutrients as milk?

Milk provides many nutrients, including protein, calcium, potassium and vitamins A and D. The body needs those nutrients, so eat a variety of foods, including lean meats and poultry, fish, dried beans, peas, eggs, fruits, vegetables, whole grain and enriched grain products, healthy oils and alternative "milk" beverages or formulas.

- Not all alternative "milk" beverages have the same nutrients as cow's milk. Check the Nutrition Facts label to choose a beverage that is enriched with vitamins such as vitamin D, calcium and potassium.

Recommended Foods for a Dairy-Free Eating Plan

Food Group	Recommended Foods	Notes
Meat, poultry, fish, dried beans, eggs and nuts	All, unless prepared with ingredients that contain milk	To know whether a food is made with ingredients that contain milk: <ul style="list-style-type: none">• Check the ingredients list. Avoid foods made with butter, cream, milk, milk solids or whey.• Avoid products when the ingredient list states, "May contain milk."
Grains	All, unless prepared with ingredients that contain milk	
Vegetables – fresh, frozen and canned	All, unless prepared with ingredients that contain milk	
Fruits – fresh, frozen and canned	All, unless prepared with ingredients that contain milk	
Fats and oils	<ul style="list-style-type: none">• Oils from olives, legumes, and other vegetables• Plant-based butters and spreads or non-dairy spreads	<ul style="list-style-type: none">• Avoid products when the ingredient list states, "May contain milk."
Other	<ul style="list-style-type: none">• All spices and herbs• Condiments• Jelly, jam and preserves• Maple syrup• Mayonnaise• Salad dressings, unless prepared with ingredients that contain milk	<ul style="list-style-type: none">• Avoid products when the ingredient list states, "May contain milk."

**Note that products labeled as vegan are made using no animal products, so they are dairy-free.*

Foods to Avoid for a Dairy-Free Eating Plan

Food Group	Foods to Avoid
Dairy	<ul style="list-style-type: none"> • All types of milk (including whole, reduced-fat, low-fat, fat-free, buttermilk, powdered, condensed and evaporated) and milk solids • Butter, butter fat, butter solids and ghee • Cheese (all forms) and cheese flavoring • Cream (heavy, light, sour, whipping and whipped) and half-and-half • Cream cheese and sour cream • Ice cream, sherbet and frozen yogurt • Pudding • Yogurt and custard
Milk ingredients	<ul style="list-style-type: none"> • Casein and caseinates (all forms) • Curds • Hydrolysates (casein, milk protein, whey and whey protein) • Lactalbumin, lactalbumin phosphate, lactoglobulin and lactoferrin • Milk derivative, milk powder, milk protein, milk solids, nonfat milk solids and nonfat dry milk • Rennet casein • Whey (all forms, such as cured whey, lactose-free whey, demineralized whey, sweet dairy whey, whey protein concentrate, whey powder and whey solids)

*Information from the Academy of Nutrition and Dietetics, Milk Allergy Nutrition Therapy, Page 1-2.