

Food Allergy: Milk

Cow's milk is the usual cause for a milk allergy, but milk from sheep, goats, buffalo, and other mammals can also cause a reaction. This is not the same as a milk intolerance - a milk allergy means the child is allergic to a protein found in the milk which causes an immune response. A milk intolerance means the child is unable to digest the sugar or protein found in milk.

Source: Mayo Clinic

How to Spot Milk in a Food Label

1. Sources of milk: whole milk, low-fat milk, skim milk, buttermilk, butter, yogurt, ice cream, gelato, cheese and anything that contains cheese, half-and-half, pudding, ghee, custard, cottage cheese, rennet casein, sour cream, etc.
2. Also look for the following: whey, casein, ingredients spelled with the prefix "lact" – such as lactose and lactate, candies such as chocolate, nougat and caramel, protein powders, artificial butter flavor, artificial cheese flavor, hydrolysates.
3. Even if a food is labeled milk-free or nondairy, it may contain allergy-causing milk proteins.
4. Common ingredients mistaken to contain milk include; calcium lactate, calcium stearoyl lactylate, cocoa butter, cream of tartar, lactic acid (though lactic acid starter culture may contain milk), oleoresin, sodium lactate, sodium stearoyl lactylate.

Source: Food Allergy Research and Education

Proteins in Cow's Milk that Can Cause an Allergic Reaction:

1. Casein, found in the solid part (curd) of milk that curdles.
2. Whey, found in the liquid part of milk that remains after milk curdles.

Food protein-induced enterocolitis syndrome (FPIES):

A food allergen can also cause what's sometimes called a delayed food allergy. Milk is the most common food to cause this syndrome, though any food can be a trigger. The reaction, commonly vomiting and diarrhea, usually occurs within hours after eating the trigger rather than within minutes.

Source: Mayo Clinic