

Milk and Soy Food Allergies



Let's learn what to do

- Check the ingredient list.
- Do not eat the food if the ingredient list includes milk or soy.
- Do not eat the food if the label says, *Contains* milk/soy or *May contain traces* of milk/soy.



- Only eat foods if you know all of the ingredients on the label.
- Watch out for contaminated foods! See the *Food Allergies and Food Intolerances* handout for more information.

Most common foods made with milk

- Milk (all types), yogurt or frozen yogurt, cheese, butter, cream, sour cream and ice cream.

Most common foods made with soy

- Soya sauce, soy milk, soy nuts, tofu and processed meats.

Soy is often added to other foods because it is easy to use, adds nutrition and is cheap.

If you have been prescribed an auto-injector or allergy medication, make sure you have it with you **before eating**.



Milk and soy allergy in infants

- If you use formula and your baby is allergic to milk or soy, ask your nurse, doctor or dietitian to help you find the right formula.
- Most infants outgrow their soy allergy by age 2 and their milk allergy by age 3. Ask your nurse or doctor when and if it is safe to give your child milk or soy products.



Foods or ingredients that might have milk and soy*



Milk or soy	Milk only	Soy only
<ul style="list-style-type: none"> All ready-to-eat foods like pizza, hamburgers, lasagna, fish sticks, burritos, casseroles Bread, tortillas, buns, English muffins and rolls Broth or soup base (cubes, powder, liquid) Canned and dry soup Cereals, cookies and crackers Coffee whitener Dips or spreads like mayonnaise and peanut butter Dressings, gravies, marinades and seasonings like sour cream and BBQ flavour on chips Frozen yogurt Ice cream Margarine Pancake and waffle mixes Processed meats like hot dogs, bologna, canned meat    	<ul style="list-style-type: none"> Boxed potatoes (instant, mashed and scalloped) Butter Canned tuna Condensed milk Creamy desserts Caramel colouring or flavouring Chocolate Candy and chocolate bars Flavoured coffee Macaroni and cheese Pudding or custard Whipped frozen dessert topping  <div data-bbox="597 737 987 1157" style="background-color: #00a0c0; color: white; padding: 10px; border-radius: 15px; text-align: center;"> <p>Did you know?</p> <p>A milk allergy is NOT lactose intolerance. A milk allergy is life threatening. See the <i>Calcium and Vitamin D</i> handout for more on lactose intolerance.</p> </div>	<ul style="list-style-type: none"> Chewing gum Crunchy snacks like soy nuts or baked chips Drink mixes like hot chocolate and lemonade Frozen desserts Imitation bacon bits Imitation meats like veggie burgers, deli meats Meal replacement drinks Oils including cooking spray Sauces like soya, teriyaki, Worcestershire Shortening Soy yogurt or soy cheese Tofu  
<p>Non-food items</p>		<p>Non-food items</p>
<ul style="list-style-type: none"> Make-up, hair products, sunscreens Pet food 		<ul style="list-style-type: none"> Arts and crafts materials

Other names for milk and soy found on ingredient lists*



MILK	SOY	
<ul style="list-style-type: none"> Beta-lactoglobulin Delactosed or demineralized whey Dry milk solids or modified milk ingredients Caseinate (any words that start or end with <i>casein</i> or <i>caseinate</i>) Lactalbumin, lactoferrin, lactoglobulin Milk (any names that start or end with <i>milk</i>) Whey, whey protein concentrate 	<ul style="list-style-type: none"> Bean curd Edamame Glycine max Kinako Kouridofu Kyodofu (freeze-dried tofu) Miso Natto Nimame Okara (soy pulp) Shovu Shovu sauce Sobee 	<ul style="list-style-type: none"> Soja/soya Soy (any names that start or end with soy) Supro Tamari Tempeh Textured soy flour (TSF) Textured soy protein (TSP) Textured vegetable protein (TVP) Tofu Vegetable protein Yakidofu Yuba

* These lists are not complete and may change. Food products imported or bought from other countries may have different ingredient labels than foods from Canada.

