Milk and Soy Food Allergies



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

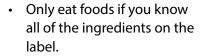
Soya sauce, soy milk, soy nuts, tofu and processed meats.

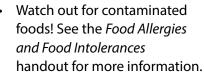
Soy is often added to other foods because it is easy to use, adds nutrition and is cheap.

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.









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

- 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





Non-food items

- · Make-up, hair products, sunscreens
- Pet food

Milk only

- 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

Did you know?

A milk allergy is **NOT** lactose intolerance. **A milk allergy is life threatening.** See the *Calcium and Vitamin D* handout for more on lactose intolerance.

Soy only

Instant Potatoes

- 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



Non-food items

· Arts and crafts materials

Other names for milk and soy found on ingredient lists*

MILK

- Beta-lactoglobulin
- Delactosed or demineralized whey
- Dry milk solids or modified milk ingredients
- Caseinate (any words that start or end with casein or caseinate)
- Lactalbumin, lactoferrin, lactoglobulin
- Milk (any names that start or end with *milk*)
- Whey, whey protein concentrate

SOY

- · Bean curd
- Edamame
- Glycine max
- Kinako
- Kouridofu
- Kyodofu (freeze-dried tofu)
- Miso
- Natto
- Nimame
- Okara (soy pulp)
- Shovu
- Shovu sauce
- Sobee

- 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



