

FOOD ALLERGY FACT SHEET

Overview of Food Allergies

What is a food allergy?

A food allergy is when the body mistakenly reacts to a certain food or ingredient as if it were harmful. The food that causes the reaction is called an allergen.

What are the symptoms of a food allergy reaction?

Symptoms can happen within a few minutes or up to a few hours of the allergen being eaten and can be seen or felt in different parts of the body.

- Skin rash or eczema
- Swelling of the tongue or throat and difficulty breathing
- Itching in the mouth and throat, cramps, nausea, diarrhea, and/or vomiting
- Anaphylaxis
- Drop in blood pressure and loss of consciousness
- Death

What is anaphylaxis?

Anaphylaxis is a serious reaction that happens quickly. Anaphylaxis can involve many different parts of the body. The most severe symptoms can restrict breathing and blood circulation and may cause death.

What are the most common foods that cause allergic reactions?

The most common foods include:

- Milk
- Eggs
- Peanuts
- Tree nuts (for example walnuts, almonds, cashews, pistachios, and pecans)
- Wheat
- Soy
- Fish
- Crustacean shellfish (for example shrimp, lobster, and crab)



How are food allergies diagnosed?

A doctor can diagnose food allergies by using a variety of tests.

How are allergic reactions treated?

Reactions should be treated according to the student's Food Allergy Action Plan/Emergency Care Plan. Antihistamines and other medicines can be used. In severe cases, the medicine epinephrine should be given as soon as possible. Always call 911!

How can an allergic reaction be avoided?

The best way to avoid a reaction is to avoid the food that causes the allergy. Develop a system for checking ingredient labels carefully and have a plan to limit the ways in which the child could have contact with allergens, including airborne.

What is cross contact?

Cross contact happens when a food containing an allergen comes in contact with a food or surface that does not contain an allergen.



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Milk Allergies

What age group is most likely to have a milk allergy?

Two to five percent of children under the age of three have a milk allergy, and cow's milk allergy is the most common cause of allergic reactions in young children. This allergy is usually outgrown in the first few years of life, so it is more common in infants and young children than in adults.

Many proteins in milk can cause an allergic reaction. There are two main categories of proteins in milk:

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

What are the symptoms?

Milk allergies can cause a range of symptoms that occur within a few minutes to a few hours after exposure. Milk rarely causes anaphylaxis, which is a life-threatening allergic reaction.

Immediate symptoms of a milk allergy might include:

- Hives (urticaria)
- Wheezing
- Vomiting

Symptoms that may take more time to develop include:

- Loose stools, which may contain blood
- Diarrhea
- Abdominal cramps
- Coughing or wheezing
- Runny nose
- Watery eyes
- Itchy skin rash, often around the mouth
- Colic in babies

What foods contain milk?

Individuals with a milk allergy need to follow a completely milk-free diet to avoid possible reactions. Eliminating fluid milk and other dairy products such as cheese from the diet is obvious, but many non-dairy products and processed foods contain casein and whey (the proteins in milk). Reading food labels is important to eliminate exposure to ingredients that contain milk. Below is a list of products that contain milk and should be avoided.

- Butter
- Cheese (all types)
- Cottage cheese
- Cream
- Cream cheese
- Curds
- Custard
- Half and half
- Ice cream
- Margarine
- Milk
- Nougat
- Pudding
- Sour cream
- Yogurt



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How is milk located on food labels?

Food labels regulated by the U.S. Food and Drug Administration (FDA) follow the regulations of the Food Allergen Labeling and Consumer Protection Act (FALCPA) by listing the major eight food allergens on the label in plain language either in the ingredient list or in a “contains” statement.

For example, hot dog buns that contain milk could be labeled in either of the ways shown in the examples below (bold is used for illustrative purposes only):

Label 1	Label 2
INGREDIENTS: Whole wheat flour, Water, High fructose corn syrup, Egg, Soybean oil, Whey, Yeast, Sugar, Soy flour Contains: Milk , Soy, Egg, Wheat	INGREDIENTS: Whole wheat flour, Water, High fructose corn syrup, Egg, Soybean oil, Whey (Milk) , Yeast, Sugar, Soy flour

Labels also should be checked for warnings such as, “may contain milk,” “produced on shared equipment with milk,” or “produced in a plant that uses milk in other products.” These foods should be avoided as the product may contain trace amounts of milk protein due to cross contact.

All child nutrition staff should be trained how to read product labels and recognize food allergens. Because food labels change from time to time, child nutrition staff should check labels for milk and milk ingredients for every product each time it is purchased. If the label does not provide clear information, then the manufacturer must be contacted for clarification or a different product should be used. It is recommended that labels be maintained for a minimum of 24 hours for every product served to a child with food allergies in case of a reaction.

Ingredients That Do Not Contain Milk

Listed below are some ingredients that may be confused with ingredients that do contain milk, but these ingredients do **not** contain milk and need not be restricted by someone with a milk allergy:

- Calcium lactate
- Calcium stearoyl lactylate
- Cocoa butter
- Cream of tartar
- Lactic acid (however, lactic acid starter culture may contain milk)
- Oleoresin
- Sodium lactate
- Sodium stearoyl lactylate

What substitutes can be used for milk in school meals for students with a milk-related disability?

When a child has a milk-related disability, as determined by a licensed physician, the program regulation (7 CFR 210.10 (g)) requires the school to provide the milk substitute specified by a licensed physician. The child’s parent or legal guardian must provide the school with a medical statement signed by a licensed physician before a milk substitute can be provided. Refer to the manual *Accommodating Children with Special Dietary Needs in the School Nutrition Programs; Guidance for School Foodservice Staff* on the USDA web site (http://www.fns.usda.gov/sites/default/files/special_dietary_needs.pdf) for information on the required content of the physician’s statement. If there is uncertainty about the statement, or if it does not provide enough information, contact the household or physician (as permitted by the family) for clarification.

What substitutes can be used for milk in school meals for students without a milk-related disability?

In situations that are not recognized as a disability but may be a medical or other special dietary need, schools



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have the option to offer a milk substitute in accordance with program regulation for the National School Lunch Program regulation at 7 CFR 210.10(m) A nondairy beverage substitute must be nutritionally equivalent to fluid milk. A written request is required; the request can be signed by a parent/guardian, medical authority as recognized by the State (such as a nurse practitioner or physician's assistant), or a licensed physician.

When planning menus, consider current food choices offered to determine if a student who cannot consume milk may select a reimbursable meal from foods offered that do not contain milk proteins. This approach will minimize the need to prepare special recipes or to make menu substitutions for children with milk allergies. The chart below lists common menu items that may be used as safe alternatives to items that contain milk. Child nutrition staff should always carefully read labels, even for foods that generally do not contain milk.

Common Menu Items That May Contain Milk	Possible Substitutes or Alternatives That Do Not Typically Contain Milk*
Breaded products (for example, chicken nuggets or patties, fried zucchini or okra)	Non-breaded products (for example, grilled chicken patty)
Bread, muffins, bagels, and other bread products	Tortillas, homemade bread products made without milk
Butter	Dairy-free margarine
Crackers (some varieties)	Dairy-free crackers, some chips
Biscuits	Rolls or breadsticks made without milk
Casseroles containing milk, cheese, butter, or sour cream	Homemade casseroles with dairy-free margarine, soy sour cream**, soy cheeses
Cheese and any menu items that contain cheese in any form	Soy cheese** or menu items without cheese (for example, a hamburger instead of a cheeseburger)
Ready-to-eat cereals (some varieties)	Dairy-free cereals
Mayonnaise- or cream-based salad dressings	Oil and vinegar-based salad dressings
Pudding	Soy pudding**
Yogurt	Soy yogurt**
Processed soups (some varieties, especially cream or milk based soups)	Homemade soups without milk
Processed meats (hot dogs, luncheon meats, sausages)	100% beef, chicken, pork, etc.
Pasta (some varieties)	Rice, couscous, barley, beans, legumes
Prepared baked goods (cookies, cakes, quick breads)	Homemade baked goods without milk or dairy (angel food cake, oil-based cookies and cakes)
Chocolates and candies	Dairy-free chocolates
Ice cream and frozen yogurt	Sorbet, ices, soy ice cream

*Always check the ingredient label to verify ingredients and check for potential cross contact.

**Soy products are common substitutes for milk products, but soy also is a common allergen.

Baking Substitutions

Water or fruit juice can be substituted in equal amounts for milk in baking and cooking. For example, use 1 cup of water in place of 1 cup of milk.



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Common Questions

How does lactose intolerance differ from a milk allergy?

Food intolerances can sometimes be mistaken for food allergies. Lactose intolerance is caused by a deficiency of lactase, the enzyme that breaks down the sugar (lactose) found in milk into its digestible components. Common symptoms of lactose intolerance are nausea, bloating, diarrhea, gas, and cramps. Lactose intolerance is not life-threatening. Schools and child care centers may offer lactose-free milk as part of the reimbursable meal without a written request. Those with lactose intolerance often can drink small amounts of milk and can usually consume other dairy products such as cheese and yogurt without symptoms. Milk allergy, in contrast, is a reaction to the proteins (rather than the sugar) in milk and is an immune response.

Is a milk allergy a disability?

A life-threatening milk allergy is considered a disability and child nutrition staff is required to provide a milk substitute, as prescribed by a licensed physician's statement. The American's with Disabilities Act requires a broad interpretation of a disability and it is reasonable to expect that other types of milk allergies and lactose intolerance may be considered disabilities, as determined by a licensed physician.

Is a physician's statement required for a milk substitution?

If a student has a milk-related disability, a physician's statement is required in order to provide a substitute beverage for the milk. For students without a milk-related disability, schools and child care centers may choose to provide a substitute beverage for the milk; schools and child care centers may accept a written substitution request from a parent or legal guardian, a medical authority as recognized by the State, or a licensed physician. Any milk substitution in a non disability situation must be nutritionally

equivalent to fluid milk as provide in the National School Lunch Program regulation at 210.10(m). Schools are not required to grant substitution requests for students without milk-related disabilities, but are encouraged to consider ethnic and religious preferences when providing a fluid milk substitution.

Can a child have a milk allergy and still consume cheese?

A child with a true milk allergy will not be able to consume any dairy products, including cheese and yogurt. On the other hand, children with lactose intolerance may be able to consume some types of cheese and yogurt without experiencing adverse effects.

Can juice be substituted for milk?

Students without milk-related disabilities may only be offered a nondairy beverage that is nutritionally equivalent to fluid milk. However, if a student has a milk-related disability, a juice substitution written in the physician's orders must be followed.

Is goat's milk a safe alternative to cow's milk for students with food allergies?

Goat's milk protein is similar to cow's milk protein and may cause a reaction in milk-allergic individuals. It is not a safe alternative.

If a product is labeled "dairy-free" or "non-dairy", is it safe for a person with milk allergies?

No. The term "dairy-free" does not have an FDA-regulated definition, so there is no assurance that the product does not contain milk proteins. The FDA definition of "non-dairy" states that the product can include milk proteins and still be labeled "non-dairy". Consequently, ingredient labels should always be checked for the presence of milk even if one of these terms is used on the packaging.



Food Allergy: Milk

Post Test – February 2018

Please keep this test and certificate in your files for Licensing.
You do not need to send it in to our office or the State.

1. Cow's milk allergy is the most common cause of allergic reactions in young children.
True or False?
2. Immediate symptoms of a milk allergy might include: Hives, Wheezing and _____.
3. Reading food labels is important to eliminate exposure to ingredients that contain milk if you have an allergy.
True or False?
4. Colic in babies may be a symptom of a milk allergy.
True or False?
5. Sour cream and yogurt contain milk but may be safely served to children with a milk allergy.
True or False?
6. How long is it recommended to maintain a food label for products served to children with food allergies? _____
7. Water or _____ can be substituted in equal amounts for milk in baking and cooking.
8. Milk allergy and lactose intolerance are the same thing.
True or False?
9. Cheese and goat's milk are always safe for children with milk allergies.
True or False?
10. "Dairy-Free" products may still contain milk _____ and not be safe for children with milk allergies.



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Elizabeth Curtis
Training Coordinator
Southwest Human Development Services