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Aunt Cathy's Guide to Nutrition: Temporary Milk-Free Diet

Where is cow's milk found in food?

All dairy products are the major sources of milk protein, of course.

This includes any kind of cow's milk (skim, 2%, whole, chocolate, etc.) any kind of cheese, yogurt, cream, ice cream, most puddings and cream soups.

Less obvious sources of milk protein are foods that have milk products as an ingredient.

Words on labels that indicate that it may contain milk:

acidophilus milk cream	creamed anything	milk (any kind)
butter	dairy	milk chocolate
buttermilk	dry milk solids	pudding
buttermilk salad dressings (like ranch dressing)	ice cream	sherbet
casein	ice milk	sour cream
cheese	lactose	whey
cream soups	margarines with milk solids or "a touch of butter"	whipping cream
		yogurt

Read labels for all commercial products or ask the manufacturer. Watch for:

Many crackers, cookies, cakes, muffins, biscuits and frostings are made with milk or butter.

Most white bread is made with milk. (French bread and whole wheat breads are usually not, but check the labels. Sometimes the tops are brushed with butter.)

Pancakes, waffles, and French toast made from mixes or commercially prepared (If made from scratch with soy milk or water instead of milk, they are fine.)

Instant mashed potatoes or potato dishes made with milk.

These suspicious-looking words on labels actually are unrelated to milk, so they are fine.:

lactalbumin

lactate

lactic acid

Although it can feel overwhelming to think about all the foods like breads and crackers that might have milk in them, **remember that you really only have to know the names of one or two brands that are milk-free.** It doesn't matter what any other products out there may contain milk if you only buy the one brand that you have looked at carefully and that you know is milk-free.

Other Nutrition Issues

While you are following a milk-free diet, it is important to replace the nutrients the milk would have provided. For breast-feeding mothers this is very important because certain vitamins in the milk will depend on the adequacy of the mother's intake. This is not true for all nutrients, but it is true for B vitamins and vitamin C. Additionally, a new mother's body needs to recover from pregnancy and handle the work of making milk, so assuring an adequate intake of all nutrients is very important for her health as well.

A reasonable approach would be to **start with a standard daily multivitamin with minerals.**

A generic product is just fine. Get a "complete" type, or if you have left-over prenatal vitamins these will also be just fine. Most have 200 mg calcium and 400 iu of vitamin D, plus the vitamin C and B vitamins.

Add a **calcium supplement** to provide 1000-1500 mg calcium. Any kind is fine. It can have vitamin D or not, because the vitamin D does not have to be in the pill with the calcium. It's the vitamin D already in your body that "pulls in" the calcium as it passes by. Take the calcium at a different time from the multivitamin.

You should have around 2000 iu of **vitamin D**. If you have 400 iu from the multivitamin, you can add a tiny and inexpensive 1000 iu or 2000 iu vitamin D capsule. If the calcium supplement has vitamin D in it, you can count that in the total. If your calcium does not include vitamin D. (This is generous but nowhere near too high a dose ... in fact, this is now regarded as a very good idea for everyone who lives up here.) Vitamin D is also available in tiny and inexpensive 400 iu capsules. So, how you do it is completely up to you.

Dairy products are also very good sources of **protein**, so your diet needs to include enough to make up for that as well.

An ounce of meat or one egg has about the same protein as an ounce of cheese (1 slice) or a cup of milk (about 7-8 g of protein.) For a mental image of this amount, think of 3 oz of meat as the size of a deck of cards. It is very easy to make up for the dairy protein if you eat meat or eggs.

However, other generous sources of protein include legumes (dried beans like chili beans, baked beans, etc. and peanuts) and all tree nuts (e.g. walnut, almond, pecan, cashews, etc.) Two tablespoons of peanut butter provides the protein of a cup of milk. An ounce of any nuts, or $\frac{3}{4}$ cup of cooked beans will also provide that amount.

Soy beverages like "Eden Soy" or "Silk" provide the same protein as milk, and also provide similar nutrition to milk, oz per oz. (About 100 iu of vitamin D and 300 mg calcium per cup.) Some milk-replacement products (like almond milk or Rice Dream) have much less protein. This is not a problem if you eat a good amount of other proteins sources as described above.