

Cow's Milk Allergy





What is cow's milk allergy?

The abnormal reaction of the body's immune system to a protein found in cow's milk. The immune system normally protects our bodies from harm caused by bacteria or viruses. In milk allergy, the immune system reacts unusually to the protein found in cow's milk. This reaction can cause some digestive disorders.

What are the symptoms of cow's milk allergy?

These symptoms vary from child to child, and the symptoms will usually develop within minutes or hours of consumption of cow's milk or formula containing cow's milk protein. In some cases, symptoms do not appear until days after ingestion.



Symptoms that show immediately after milk consumption:

- Chest wheezing
- Swelling in lips or tongue or throat
- Cough and difficulty breathing
- Vomiting



Symptoms that show few hours or few days after milk consumption:

- Blood in the stool
- Diarrhea
- Abdominal cramps and colic
- Runny nose and watery eyes



Cow's milk allergy treatment



What is the treatment for cow's milk allergy?

Avoid cow's milk and its derivatives from your diet.



How can an infant diagnosed with cow's milk allergy follow a cow's milk-free diet?

In breastfed infants, the mother must exclude all cow's milk and cow's milk and its derivatives from her diet. It is preferable to consult a nutritionist to explain unknown sources of milk and derivatives and provide suitable options. If the mother cannot breastfeed and uses formula milk for the infant, the mother should choose a cow's milk protein-free formula. In some cases, it is necessary to use amino-acid based formulas, which contain building blocks of proteins.

Note: It is not advisable to give an infant goat's milk or sheep's as an alternative to cow's milk because of its similarity to cow milk protein and because the majority of infants and children who are allergic to cow's milk are also allergic to goat's and sheep's milk.



Guidelines for a diet free of milk and its derivatives:



Symptoms that show immediately after milk consumption:

Milk proteins are found in dairy products, such as yogurt, cheese, butter, and sour cream. It may be challenging to determine when it is used as an ingredient in products. That is why it is very important to read the food label carefully for food hidden milk source.



Some of the terms that indicate the presence of milk products in the product:

- Whey
- Casein
- Ingredients spelled with the prefix "lact" — such as lactose and lactate
- Protein powders
- Artificial butter flavour
- Artificial cheese flavour

Foods which can and cannot be consumed



Drinks

Allowed

- Water
- Coffee (without milk)
- Tea (without milk)
- Milk substitute such as rice milk, almond milk or soya milk or coconut milk
- Fresh juices

Not Allowed

- All kinds of cow's milk: whole milk, low-fat, non-fat, lactose-free, condensed milk and powdered milk
- Milk with chocolate drinks
- Milkshakes
- Yogurt

Foods which can and cannot be consumed



Grains

Allowed

- Bread and pastries free of cow's milk and its derivatives
- Rice and pasta free of cow's milk and its derivatives

Not Allowed

- Bread and pastries with cow's milk and its derivatives
- Biscuits that contains cow's milk or its derivatives in the ingredients

Foods which can and cannot be consumed



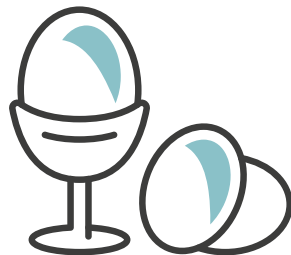
Cereals

Allowed

- Any type of cereal that does not contain cow's milk or its derivatives

Not Allowed

- Cereals that contain cow's milk or its derivatives



Eggs

Allowed

- All eggs are allowed if cow's milk or its derivatives is not used in the preparation

Not Allowed

- Eggs made with cow's milk or its derivatives

Foods which can and cannot be consumed



Desserts

Allowed

- Jelly
- Milk-free biscuits and cakes
- Ice cream without cow's milk or its derivatives
- Honey
- Jam
- Candies made without cow's milk or its derivatives

Not Allowed

- Cake that contains cow's milk or its derivatives in its ingredients
- Custard
- Pudding
- Ice creams with cow's milk or its derivatives
- Chocolate with milk
- Caramel

Foods which can and cannot be consumed



Fat

Allowed

- Vegetable oils and fats
- Animal fat and non-dairy margarine

Not Allowed

- Butter
- Margarine containing cow's milk or its derivatives
- Mayonnaise (made with milk)
- Sour cream
- Cream