



# Milk Free Diet

## The Basics

Some information to help you until you see your Dietitian

### You will need to avoid

- Milk
- Yoghurt
- Milk shakes
- Fromage Frais
- Cream
- Butter
- Cheese
- Baby formula milks
- Milky puddings
- Ice Cream
- Chocolate
- Lassi

### Hidden Milk

Milk is also known by the following names on food labels:-

- Casein
- Caseinates
- Whey Syrup Sweetener
- Lactose
- Skimmed Milk Powder
- Hydrolysed Casein
- Whey
- Whey Solids
- Milk sugar
- Non-fat Milk Solids

**Remember to check all food labels and avoid any foods that contain any of these ingredients**

## Menu Plan (example)

**Breakfast:** Toast with milk free margarine and jam  
fruit juice  
or  
fresh fruit

**Lunch:** Jacket potato with milk free margarine and tuna and  
sweetcorn filling  
fruit and milk free biscuit

**Evening Meal:** Chicken casserole with potato and vegetables  
or  
Meat/vegetable curry with chapatti , rice and salad  
Fruit salad/jelly



## Milk Substitute

Your doctor may have prescribed a milk substitute for you. You can use this as a drink, on breakfast cereals and in cooking to make custard and puddings. Just replace the cow's milk in the recipe with the same amount of your milk substitute.

## Baby Food

Many baby foods, both savoury and sweet, contain milk. Look for the 'milk free' sign on the label to check they are suitable for your baby.

## Other Carers

Check with nursery, school, childminders and relatives caring for your child to make sure all foods given are milk free.

**Keep your appointment with the Dietitian and you will get  
lots more advice and information.**

Telephone: 01274 365108 : We use Next Generation Text for people with hearing difficulties.  
To contact us ring 18001 01274 365108.If you need this information in another format or language  
please ask a member of staff to arrange this for you.

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