

Department of Nutrition and Dietetics

Cow's milk and egg free diet

Introduction

A cow's milk and egg free diet will be necessary if your child has, or is suspected to have a cow's milk and egg intolerance or allergy. Although there are obvious sources of milk and egg, derivatives of milk and egg are also found in manufactured foods. Avoid any foods with the following ingredients:

Milk

- Casein/caseinates/milk protein
- Skimmed milk/evaporated milk/condensed milk
- Non-fat milk solids/milk powder/milk solids
- Whey/whey syrup sweetener
- Lactose and 'flavourings'
- Butter/Margarine
- Cream, cheese and yoghurt

Egg

- Egg protein
- Dried egg
- Egg albumin
- Egg lecithin E322
- Egg yolk
- Fresh egg

Suitable foods

Other milks

Coconut milk, oat milk, rice milks, for example 'Rice Dream' (also available calcium-enriched and in original or vanilla flavour), Provamel rice drink.

Soya milk, for example Provamel, Granose, Plamil.

Unsuitable foods

All cow's, goat's and sheep's milk, fresh, dried, condensed, evaporated, skimmed milk.

Coffee whiteners, for example Coffeemate and coffee compliment; single and double cream.

'Creams' made from vegetable fat.

Suitable foods

Cheese

Soya cheese.

Fats/oils

Lard, suet, dripping, vegetable oils, Pure margarine, dairy-free and soya margarines.

Desserts

Dairy-free ice cream, for example Berrydales and Oat Supreme.

Jelly, homemade jellies or custard with suitable milk, soya yoghurt, yofu, soya desserts, soya rice pudding, soya milk desserts, for example Provamel.

Breakfast cereals

Cornflakes, Crunchy Nut Corn Flakes, Corn pops, Frosties, Rice Krispies, Weetabix, Shredded Wheat, Honey Loops, Porridge oats.

Cereals, flour and products

All varieties of flour, cornflour, arrowroot, baking powder, custard powder, pasta, rice, sago, semolina, tapioca, spaghetti, noodles etc.

Bread (white, brown and wholemeal).
Bread sticks, rice cakes, crackers (check labels of crackers), pita bread.

Homemade biscuits and puddings using milk and egg-free ingredients.

Suitable foods

Meat, fish, chicken

All varieties prepared and cooked without milk or egg products.

Unsuitable foods

All cheese and cheese spreads.

Butter

Margarine and spreads containing milk. Hydrogenated vegetable oils may contain milk.

Yoghurt, fromage frais, crème fraiche, ice cream, milk chocolate desserts, dairy desserts, for example custard, mousse, instant whips, trifle, Angel Delight, rice pudding, egg custard.

Some brands of cereals and muesli (check labels), instant porridge, yoghurt coated cereals, chocolate flavoured cereals.

Instant desserts.

Tinned spaghetti, rice pudding, macaroni cheese etc.

Pastry (check labels).

Fresh pasta often contains egg. Pasta dishes with sauces containing milk and/or egg, for example lasagne, some bolognese and moussaka sauces.

Milk loaf, croissants, brioche, buns, cakes, biscuits and puddings made with milk or milk products (check labels). Butter icing. Some breads contain egg (check labels). Cakes and biscuits.

Unsuitable foods

Meat products may contain milk derivatives, for example pre-packed ham, chicken.

(Check all manufactured products).

Fish, chicken or meat in batter, crumbs or sauce. Certain brands of sausages, fish fingers, chicken nuggets and tinned meat etc.

Eggs

Egg replacers may be used for cooking and baking.

All forms of eggs.

Vegetables

All fresh, frozen or tinned without butter. Oven chips (check labels).

Vegetables canned in sauce containing milk or pre-packed in butter.

Instant potato, waffles, potato shapes, some flavoured potato crisps, 'fancy' crisps (often contain milk powder). Potato salad, vegetable salad, coleslaw (check labels).

Fruit

Fresh, frozen, dried, tinned in juice or syrup, fruit in jelly, fruit juices.

Fruit yoghurt, fruit tarts or flans.

Nuts

Fresh and plain salted (not suitable for children under five years). Peanut butter.

Dry roasted with lactose-containing flavouring. Yoghurt coated nuts.

Snacks

Potato crisps (check label) for example salt and vinegar. Plain and salted popcorn, olives, pretzels, puffed wheat and cornsnacks, prawn crackers (check labels). Homemade humous, guacamole (check all manufactured products). Pepperami; some cereal bars; for example Jordan's Frusli bars; Fruitus organic fruit and cereal bars, Nature Valley oats 'N honey crunchy granola bar.

Tangy twiglets, cheese straws, toffee popcorn, puffed wheat and corn snacks containing milk, cheese, egg etc. Avoid all cheese flavoured snacks and snacks containing 'flavourings'.

Suitable foods

Preserves and confectionary

Sugar, glucose, jam, honey, syrup treacle, marmalade.

Some brands of plain chocolate, for example, Plamil, Kinnerton, Organica, (check labels).

Unsuitable foods

Lemon curd (check label).
Toffee, fudge, caramels, butterscotch, some sweets (check labels).
Milk and white chocolate.
Most brands of plain chocolate.
Most confectionary bars.

Some brands of carob bars.
Boiled sweets, lollies, pastilles, gums,
jelly tots, peppermints, softmints,
fruitella, marshmallows, vegan
chocolate.

Beverages

Nesquik powder, Crusha syrup, Cocoa
powder, Bovril, Marmite, Vegemite.
Squashes, fizzy drinks, fresh fruit juices,
soya milks, for example Granovita,
Provamel and Alpro.

Malted drinks, for example Horlicks,
Bournvita, Ovaltine, Milo, Options,
drinking chocolate (check label),
milkshakes, yoghurt drinks.

Soups, sauces and gravies

Home-made using milk-free ingredients.
Certain brands of soups, sauces,
gravies. Egg-free mayonnaise, salad
cream (check labels). Some tomato
ketchup, brown sauce, mustard and
pickle (check labels).

Soups, sauces, mayonnaise, gravies
made with milk or egg derivatives for
example pesto, cook in sauces, curry
sauces, marinades, cream sauces, gravy
granules (check labels).

Miscellaneous suitable foods

- Salt
- Pepper
- Herbs and spices
- Vinegar
- Mustard and mustard powder
- Bicarbonate of soda, cream of tartar, baking powder, yeast
- Colourings and essences
- Gelatine
- Monosodium glutamate

Please note: All branded products are milk and egg free at the time of printing. Detailed information on manufactured products can be obtained from the customer services department of most supermarkets

Useful addresses

The National Eczema Society
163 Eversholt Street
London
NW1 1BU

Telephone: 0171 388 4097
Website: www.eczema.org

Allergy UK
3 White Oak Square
London Road
Swanley
Kent
BR8 7AG

Telephone: 01322 619898
Website: www.allergy.uk.org

Provamel UK
Ashley House
86-94 High Street
Hounslow
TW3 1NH

Telephone: 0181 577 2727
Website: www.provamel.co.uk

Customer Services
J Sainsbury Plc.
Stamford House
Stamford Street
London
SE1 9LL

Telephone: 0171 921 7075/6000
Website: www.sainsbury's.com

The British Nutrition Foundation
High Holborn House
52-54 High Holborn
London
WC1V 6RQ

Telephone: 0171 404 6504
Website: www.nutrition.org.uk

The Nutrition Advice Service
Tesco House
PO Box 18
Delamare Road
Chestnut
Waltham Cross
EN8 9SL

Telephone: 01922 632222
Website www.tesco.com

Lists available for milk and egg free foods. Lists available for milk and egg free foods.

Milk substitutes

Infants and children under two years of age should be given a suitable milk free infant formula to ensure adequate supplies of vitamins and calcium. Your dietitian will advise you as to the most suitable formula for your child.

In instances where a specialist formula is not suitable, or where a child is more than two years of age, other milk substitutes can be used, such as rice milk and oat milk. These milk substitutes are not nutritionally complete and require supplementation with calcium and/or vitamins.

Calcium/vitamin supplementation

Your dietitian will advise you on an appropriate product and dose for your child.

Egg replacers

Egg replacers have no food value, but they can be useful in cooking for making cakes etc. They can generally be obtained from health food stores, large supermarkets or from the manufacturer.

Loprofin egg replacer

Available in 250g tub which replaces 50 eggs.
Scientific Hospital Supplies (SHS).

Riet-diet egg white replacer

Available in 75g tubs which replaces 71 egg whites.

Scientific Hospital Supplies (SHS).

An egg free recipe booklet can be obtained from SHS Advice Line: 0151 2281992

EnerG egg replacer

100 eggs in one box can be obtained from:

General Dietary Ltd

PO Box 38

Kingston Upon Thames

Surrey

KT2 7YP

020 8336 2323



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Polish

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Cantonese

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Bengali

Document history

Authors	Paediatric Dietitians
Department	Addenbrooke's Hospital, Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ www.addenbrookes.org.uk
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