



Milk



Quick Facts

- Milk is considered a priority allergen by Health Canada.
- Milk allergy is caused by a reaction to the protein in cow's milk.

Be Allergy-Aware

- Read ingredient labels every time you buy or eat a product.
- Do the Triple Check and read the label:
 - Once at the store before buying it.
 - Once when you get home and put it away.
 - Again before you serve or eat the product.
- Always carry your epinephrine auto-injector.
- For tips on eating out, visit our guide for dining out with food allergies.
- Check with manufacturers directly to see if the product is safe for you even if your allergen is not listed on the ingredient list.
- Be careful when buying products from abroad, since labelling rules differ from country to country.

To Report a Reaction

If you believe you may have reacted to an allergen not listed on the packaging, you can report it to the Canadian Food Inspection Agency, which may issue a product recall. Find out more on our Food Labelling page at www.foodallergycanada.ca.

Did You Know?

A milk allergy is different than a milk (or lactose) intolerance. Individuals with milk allergy need to carry an epinephrine auto-injector in case of exposure. For more information on food allergy and staying safe, visit our website.

Other names for milk

- Ammonium/calcium/magnesium/potassium/sodium caseinate
- Casein/caseinate/rennet casein
- Curds
- Delactosed/demineralised whey
- Dry milk/milk/sour cream/sour milk solids
- Hydrolyzed casein, hydrolyzed milk protein
- Lactalbumin/lactalbumin phosphate
- Lactate/lactose
- Lactoferrin
- Lactoglobulin
- Milk derivative/fat/protein
- Modified milk ingredients
- Opta™, Simplese® (fat replacers)
- Whey, whey protein concentrate

Possible sources of milk

- Artificial butter, butter fat/flavour/oil, ghee, margarine
- Baked goods and baking mixes
- Brown sugar
- Buttermilk, cream, dips, salad dressings, sour cream, spreads
- Caramel colouring/flavouring
- Casein in wax used on fresh fruits and vegetables
- Casseroles, frozen prepared foods
- Cereals, cookies, crackers
- Cheese, cheese curds
- Chocolate
- Desserts
- Egg/fat substitutes
- Flavoured coffee, coffee whitener, non-dairy creamer
- Glazes, nougat
- Gravy, sauces
- High protein flour
- Kefir (milk drink), kumiss (fermented milk drink), malt drink mixes
- Meats such as deli meats, hot dogs, patés, sausages
- Pizza
- Instant/mashed/scalloped potatoes
- Seasonings
- Snack foods
- Soups, soup mixes
- Soy "cheese"

Non-food sources of milk

- Cosmetics
- Medications and health supplements
- Pet food