

Dietetics & Nutrition

Allergy - Milk-free and egg-free diet

This diet must only be used under the supervision of a dietitian who will ensure that the diet is nutritionally adequate.

This diet is to be used for people who have a milk and egg allergy. Removing milk from the diet poses a nutritional risk, especially to calcium intake. You may need a calcium supplement. A dietitian will assess your diet to see if this is required. Removing milk and egg will also have an impact on the variety of your diet.

If your reactions to milk and egg have been severe and immediate, such as lip swelling, immediate rash or sickness, do not re-introduce milk or egg without first talking to your doctor or dietitian. If you have removed milk and egg from your diet, as a trial, but have found no improvement after 2 weeks try slowly reintroducing milk and egg products back into your diet.

It is important to remove all sources of milk and egg from the diet. This includes eggs from hens, quail, duck, geese, and other birds.

Food labelling

European Union (EU) allergen labelling law requires that common food allergens used as ingredients or processing aids must be declared on the packaging or at the point of sale. For pre-packed products allergens must be listed in one place on the product label and highlighted (in bold or underlined) on food labels within the ingredients list. **Milk and egg are** allergens which



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must be listed.

For foods sold without packaging or pre-packed such as in a bakery, café or pub, allergen information has to be provided either in writing or verbally. If provided verbally, the business must be able to provide further information if requested (only in UK).

It is not compulsory for food manufacturers to use a warning statement – always check the ingredients first.

Foods to avoid

Milk

There are many ways in which cow's milk can be labelled, so check the ingredients list on food items carefully, and avoid foods containing:

- Evaporated milk
- Yogurt, fromage frais
- Margarine
- Ice cream
- Milk powder
- Milk protein
- Milk solids
- Whey protein
- Calcium caseinate
- Hydrolysed whey protein
- Whey Syrup Sweetener Sodium caseinate
- Lactoglobulin
- Lactoalbumin
- Condensed milk
- Cheese
- Butter, Ghee
- Cream/ artificial cream
- Skimmed milk powder
- Milk sugar
- Whey, whey solids
- Casein (curds), caseinates
- Hydrolysed casein
- Modified milk
- Lactose

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Egg

Eggs are used in many manufactured foods – read the labels and check the ingredient list for the following forms of egg:

- Whole egg
- Egg yolk
- Egg white
- Dried egg
- Egg powder
- Frozen egg
- Egg lecithin (E322) maybe derived from egg or soya,
- Egg albumin,
- Pasteurised egg
- Livetin
- Ovoglobulin
- Globulin
- Ovalbumen
- Vitellin/ Ovovitellin
- Lysozyme or E1105 maybe derived from egg or soya
- Ovomucin
- Livetin
- Ovoglobulin
- Globulin
- Ovalbumen
- Vitellin/ Ovovitellin
- Lysozyme or E1105 maybe derived from egg or soya
- Ovomucin

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Many supermarkets and food manufacturers provide information about egg free foods. Customer services or the supermarket website may have information.

The following website may also be useful:

<http://www.supermarketownbrandguide.co.uk/intro.php>

Milk substitutes

Breastfeeding provides the best source of nutrition for all babies with cow's milk allergy. It is important for breastfeeding mothers to receive support with breastfeeding if needed. Information on how to access breastfeeding support can be found at: www.nhs.uk/conditions/pregnancy-and-baby/breastfeeding-help-support/.

Occasionally, breast fed babies can react to milk proteins transferred in breast milk from the mother's diet. If your baby reacts to your breast milk, you may be advised to avoid milk (dairy) whilst breastfeeding. This is usually done as a trial for between 2 to 6 weeks to see if your baby's symptoms improve. If they do not, and you were following the diet strictly, you can return to your normal diet.

For infants under 6 months and children

Special milk free formulas are available on prescription.

Your dietitian or GP will advise which one is suitable

Your special formula is

For infants over 6 months and children

Special milk free formulas are available on prescription.

Your dietitian or GP will advise which one is suitable

Your special formula is

For children over 1 year

Special milk free formulas are available on prescription.

Your dietitian or GP will advise which one is suitable

Your special formula is

Ready to drink soya milk

Alpro Soya Growing up Drink

Alpro Oat Growing up Drink

For adults and children over 2 years old

Current recommendations suggest using a prescribed hypoallergenic formula until 2 years of age. However, if there are no growth concerns and/or feeding difficulties, your dietitian may suggest changing to a plant-based cow's milk substitute such as soya milk, oat milk, KoKo dairy free, hemp milk, hazelnut milk, almond milk. These plant-based milks can be used in cooking or in cereal for most babies over 6 months of age if there are no concerns about growth. It is important to choose one that has added calcium.

Ways to use your milk substitute

Drinks

- Milkshakes: Flavour milk substitute with milk shake syrup or blend with fresh fruit such as bananas to make a 'smoothie'.
- Hot drinks: Coffee, cocoa, milk free drinking chocolate

Puddings

Lots of puddings can be made using the milk substitute:

- Rice, sago, tapioca, semolina, custard.
- In milk jellies (½ milk substitute + ½ water).
- Home made ice cream and blancmange (without egg)

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Soups and sauces

- White sauces such as parsley, mustard, onion, bread, mushroom.
- Soup made up from milk free packet soups or home-made soups with milk substitute instead of water.

Other ways to use milk substitute

Milk substitute can be used in mashed potato (with milk free margarine)

Many recipes that you use can be adapted for a milk free diet by using milk free margarine and milk substitute. Milk free recipe books are also available

Suitable margarines

The following margarines can be used in place of butter or ordinary margarine:

Pure	Supermarket Own Brand dairy free margarine
Vitaquell	Tomor
Flora Dairy free	Biona
Suma	Vitalite Dairy free

Some of these are available by mail order using the internet.

Egg replacers

Powdered egg replacers can be used in most baking recipes that require egg e.g. cakes, cookies and pancakes. They are mostly made from tapioca or potato starch and a raising agent such as baking powder.

Vegan egg replacement powders may contain soya protein and can be used to make meringues. You can get some egg replacers on prescription (ask your GP). They can be purchased from health food shops, supermarkets or your local pharmacy. e.g. No-egg replacer™ (Orgran), Ener-G™ egg replacer (General Dietary Ltd), Loprofin™ egg replacer (SHS international).

Other egg replacements

It is possible to get excellent results when baking egg free cakes without the use of 'egg replacers'. Simply use one of the binding agent ingredients below, plus a raising agent if you are making cakes or muffins and want your recipe to rise.

Binding agents (to replace one egg):

1tbsp (50g) pureed fruit (apples, pears, apricot or prunes)

½ large banana mashed

50g coconut cream, or silken tofu with a little water or milk

1 tbsp. of soya or gram (chickpea) flour and 2 tbsp. water

1 tbsp. tomato puree, mashed potato, or rolled oats

1tbsp ground linseeds (flax seed) combined with 3tbsp water, left to gel before using.

For a replacement for just the egg white, mix 1 tbsp. plain agar powder with 1 tbsp. water. Whip together, chill it and then whip it again

Raising agents (to replace one egg):

1 teaspoon bicarbonate of soda + ½ teaspoon cream of tartar

1 teaspoon baking powder

When using bicarbonate of soda in baking, it is important to add it to the dry ingredients. Only add the wet ingredients just before the mix goes in the oven. This is because it starts reacting as soon as it gets wet and it does not work well if left too long. Vegan recipes are egg and milk free by definition so you may find it easier to use a vegan recipe that was designed to work without eggs, rather than having to adapt a standard recipe to replace the eggs.

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PRODUCTS	FOODS ALLOWED	FOODS TO AVOID
Milk & Dairy Products	<p>Milk substitutes—(see earlier pages).</p> <p>(See suggestions above)</p> <p>Milk free cheese, cheese spreads and cheese sauce mix</p>	<p>All types of cow's milk. Goat's milk</p> <p>Sheep's milk. Ewe's Milk</p> <p>Yoghurts and Cheese made from these milks</p> <p>Yoghurt drinks</p> <p>Ready made milk shake</p> <p>Low lactose milk and cheese and yoghurt</p> <p>Check Parmesan cheese and other cheeses</p> <p>Fresh dairy ice cream containing egg</p>
Eggs	See section on egg replacers	<p>Eggs in all forms. for example: scrambled, boiled, poached, fried or omelette.</p> <p>Dried, liquid, and powdered egg.</p> <p>Scotch eggs, souffle</p> <p>Quiche, flans, Yorkshire pudding,</p>
Meat, poultry, fish & offal	<p>Fresh or frozen plain meat, chicken, turkey and offal</p> <p>Frozen, fresh or tinned fish (in oil or brine). Prawns and shellfish. Dhal. Hummus. Tofu/soya bean curd. Soya mince. Nut butter</p>	<p>Sausages*, beef burgers*, meat pies*, meat dishes*, meat and fish pastes*, chicken nuggets*, turkey escallops* fish fingers*, fish cakes*, fish in sauce*/ tinned fish in sauce*, fish in batter* or breadcrumbs*, Ham*, cured meats*</p> <p>Meat pies,* fish pies* and pastry products* sausage rolls with egg glaze, pate*, Pastry products* chicken portions*, Quorn and Quorn based products*</p> <p>Quiche, flans, soufflés,</p>
Fats	<p>Vegetable oils, lard, dripping, suet</p> <p>Milk free margarine</p>	<p>Butter. Ghee</p> <p>Many brands of Margarine</p>
	Rice, blancmange powder, semolina (cooked without milk	Tinned milk puddings. Custard, jelly creams and instant whips. Egg pasta, egg

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Cereals	<p>or use milk substitute).</p> <p>Flour, corn flour, oats.</p> <p>Egg-free pasta. arrowroot, barley, plain couscous, popcorn, maize, quinoa</p>	<p>lasagne – check all pasta*. Tinned spaghetti*Egg noodles. Egg fried rice. Gnocchi.</p> <p>Pastry*, pizza dough*, pancakes and batters. Yorkshire puddings.</p>
Breakfast cereals	<p>Cornflakes, Rice Krispies, Weetabix.</p> <p>Porridge made with water. Ready Brek.</p>	<p>Alpen, Cocoa Krispies and other chocolate breakfast cereals. Special K, muesli.</p>
PRODUCTS	FOODS ALLOWED	FOODS TO AVOID
Baby foods	<p>Plain Baby Rice. For suitable baby food – check labels,</p>	<p>Check baby cereal, baby rusks and baby foods</p>
Bakery products	<p>Bread - most types of pre-wrapped white/wholemeal.</p> <p>Milk and egg free baked products</p> <p>Bread/rolls – Most types of pre-wrapped white, granary or wholemeal.</p> <p>Most brands of wraps, bagels, pitta, ciabatta and chapatti, English muffins, crumpets.</p>	<p>Cakes, sponge puddings, meringues, macaroons. Éclairs, profiteroles and other choux pastry items. French toast. Royal icing. Egg custard.</p> <p>Milk bread, tea breads,* Brioche.</p> <p>Danish pastries. In-store bakery products. Doughnuts, waffles, fruit pies, sweet buns with egg glaze, French toast, marzipan. Royal icing. Naan bread*, bread sticks*.</p> <p>Biscuits* –sweet* and savoury*.</p> <p>Yorkshire pudding.</p>
Preserves	<p>Sugar, jam, honey, jelly, syrup, marmalade. Puddings made without milk or eggs.</p>	<p>Lemon, lime or orange curd. Chocolate spreads.</p>
Beverages	<p>Squash, cordials, fruit juice. Milkshake, Tea, coffee and cocoa made with milk substitute.</p> <p>Fruit and herb teas. Fizzy drinks but not suitable for</p>	<p>Horlicks, Ovaltine, Bournvita, etc.</p> <p>Egg nog, snowball, Advocaat.</p> <p>Instant chocolate drinks. Instant Cappuccino</p> <p>Drinking chocolate* milkshake and malted milk drinks*</p>

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	<p>young children</p> <p>Beer, lager, cider, spirits, liqueurs, some wines</p> <p>(some contain egg white lysozyme)</p>	
Confectionery	Boiled sweets, pastilles, gums,	<p>Truffles, fondant creams, marshmallows, liquorice sticks. Fudge, toffee, milk and white chocolate,</p> <p>Soft-centred sweets, chews*, marzipan. Milk-free plain chocolate*. Lollies* mints*</p>
Puddings	<p>Soya yoghurts, soya desserts, coconut desserts, Wot no dairy dessert, Soya ice cream. Soya Custard, Soya cream.</p> <p>Jelly, fruit salad, stewed fruit. Sorbets. Home-made puddings with suitable ingredients.</p>	<p>Crème Caramel, egg custard, crème brulée, soufflés, sponge puddings, meringues, milk puddings, custard, yoghurt, fromage frais</p> <p>Ice cream. Mousse, trifle. Cheesecake</p> <p>Custard powder*</p> <p>Sorbet*, Fruit pies*. Profiteroles and other choux pastry items, bread and butter pudding. Pancake/crepe,</p>
PRODUCTS	FOODS ALLOWED	FOODS TO AVOID
Fruit Vegetables and pulses	<p>All fresh, frozen, tinned or dried plain fruit, vegetables and pulses – cooked without butter or milk or egg.</p> <p>Potatoes with milk free margarine or milk substitute.</p> <p>Ready salted potato crisps.</p>	<p>Instant potato*, vegetable and potato salads* baked beans*, tinned spaghetti*, croquette potatoes* and potato waffles.*</p> <p>Coleslaw*</p> <p>Vegetable nuggets*</p> <p>Flavoured crisps* and similar snacks*. Roasted* or flavoured nuts*. Quorn products*. Salad in dressing*</p> <p>Fruit in batter (fritters) Pies</p> <p>Tofu products*, hummus*</p>
Nuts	Plain nuts- whole nuts should not be given to children under five	Roasted* or flavoured nuts* nut butter*

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Other foods	Soups without milk or egg. Marmite, Bovril, Oxo, salt, pepper, herbs, spices. Food essence and colouring. Tomato sauce. Milk & Egg-free mayonnaise	Cream soups or tinned soups*. Bisto, gravy mixes. Mayonnaise. Ketchup* Hollandaise sauce*, tartar sauce*, salad cream*. Breadcrumbs*. Quorn* Gravy powders* stock cubes*
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***Avoid foods marked with a star unless you know they are milk and egg free**

Meal suggestions

Breakfast

Fruit or fruit juice.
Soya yoghurt
Porridge, cereal with milk substitute
Bacon, plain fish,
suitable baked beans, mushrooms, tomato
Bread or toast or rice cakes with suitable margarine
Jam, honey or marmalade (if desired)
Tea or coffee – made with milk substitute
Cup of milk substitute

Main Meal

Meat or fish with potato and vegetables
Meat or fish with rice or egg free pasta or chapatti and
vegetables
Dhal with chapatti or rice and vegetables
Baked beans with jacket potato and salad

Snack Meal

Sandwiches or suitable crackers with milk free
margarine and meat, fish or suitable hummus.

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Toast with milk free baked beans or tinned fish
Jacket potato with milk free baked beans, tinned fish or meat sauce
Chapatti with dhal or meat or chicken curry and vegetables

Puddings

Milk and egg free ice cream or sorbet
Soya yoghurt or soya desserts
Rice, sago, semolina, custard made with the milk substitute
Jelly
Fruit – fresh or tinned or stewed

Snacks

Fruit - fresh or dried
Bread or toast with milk free margarine
Suitable crisps
Soya yoghurt
Milk and egg free biscuits or cake
Milk and egg free crackers
Plain popcorn

Weaning

If you are introducing solids to a milk/egg allergic baby suitable first weaning foods are:

- puréed vegetables
- puréed fruit
- potato
- pure baby rice

Your milk substitute can be added to these.

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Most manufactured baby foods contain milk/egg so check labels carefully.

Example daily menu for 1st stage milk and egg free solids

On waking	Breast feed/ special formula
Breakfast	Baby rice/ milk and egg free cereal with special formula
Mid-morning	Breast feed/ special formula
Lunch	Sieved/ blended/ minced meat/ chicken / fish / lentils Boiled and mashed potato (mashed with breast milk/ special formula) Well-cooked and sieved vegetables Fruit puree
Mid-afternoon	Breast feed/special formula
Evening meal	Custard or pudding made with special formula or fruit puree
Bedtime	Breast feed/special formula

Dental care

Formula milks designed for children with a milk allergy contain glucose or corn syrup and not lactose. These contain an extra risk for teeth so try to pay extra attention to your child's dental care.

Always make up the feed to the manufacturer's instructions. Do not add more powder to water than stated.

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Once a feed is finished take away the bottle. Do not use it as a comforter allowing your baby to suck the bottle while going to sleep.

Once your child is old enough (around 6 months), introduce a lidded beaker or cup for the milk substitute and aim to discontinue bottle feeds after the age of one.

Start to brush your child's teeth as soon as they appear. Brush last thing at night and on one other occasion during the day. Use a soft textured toothbrush with just a smear of family fluoride toothpaste. At the age of three years increase the toothpaste to a pea sized amount. Encourage your child to spit out after brushing and do not rinse.

Your baby's first tooth usually comes through from about 6 months. Ask your dentist when you should start taking your child for regular check ups.

Calcium

Cows' milk and cows' milk products are the major source of calcium. Calcium is required for strong and healthy bones. When cows' milk is taken out of the diet an alternative source of calcium is required.

- Approximately 1 ½ pints (30 fluid oz.) of formula milk substitute will provide the amount of calcium needed by babies under 12 months
- Approximately 1 pint (20 fluid oz.) of formula milk substitute will provide the amount of calcium needed by children aged 1 – 3 years.
- If your child is not taking these amounts ask your dietitian for advice.
- Adults using soya milk should choose brands that are calcium enriched.

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Vitamin D

Revised daily recommendations from the UK Health Department:

All breastfed babies should take a vitamin D containing supplement from birth.

Formula fed babies are likely to obtain enough vitamin D if drinking 600ml infant formula daily. If drinking less than this, a vitamin D containing supplement should be given.

The following amounts are recommended:

- Babies under 1 year of age: 8.5-10 mg (340-400 IU) vitamin D.
- Everyone over 1 year of age (including pregnant and breastfeeding mothers): 10 mg (400IU) vitamin D.

Your dietitian can advise how much you and your child will need per day.

If you qualify for Healthy Start, you can obtain Healthy Start vitamin drops from your local pharmacy or Family Hub. Otherwise, a children's vitamin supplement containing vitamin D can be purchased from chemists and supermarkets. Ask your pharmacist for advice if you are unsure which supplement to buy.

If your child is avoiding other foods as well as milk and egg, your Dietitian may suggest additional vitamin or mineral supplements.

Additional Advice

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Produced by Coventry Dietitians, University Hospitals Coventry & Warwickshire NHS Trust. Contact number: 024 7696 6161

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