

What are sources of cow's milk protein?



The following foods and ingredients are sources of cow's milk protein to look out for:

Butter, butterfat, butter milk, butter oil

Casein (curds), hydrolysed casein (broken down cow's milk protein), caseinates, calcium caseinate, sodium caseinate

Cheese, cheese powder, cottage cheese

Cow's milk (skimmed, semi-skimmed, whole milk, fresh, condensed, dried, evaporated, powdered (such as routine infant formulas), UHT low fat)

Cream, artificial cream, sour cream

Ghee

Ice cream

Lactalbumin, lactoglobulin

Malted milk

Margarine

Milk protein, milk powder, skimmed milk powder, milk solids, non-fat dairy solids, non-fat milk solids, milk sugar

Whey, hydrolysed whey (broken down cow's milk protein), whey powder, whey syrup sweetener

Yogurt, fromage frais

Cow's milk protein can be found in less obvious foods such as biscuits, pastries and processed meats so **remember to read food labels carefully.**

If cow's milk allergy is suspected or diagnosed, a healthcare professional may recommend a formula containing **extensively** hydrolysed casein or **extensively** hydrolysed whey. These formulas are recommended for the dietary management of babies with mild to moderate cow's milk allergy. Remember to always follow the advice of a healthcare professional and speak to them if you are worried about your baby's health.

If you suspect your baby might have cow's milk allergy, it's a good idea to keep track of what you and your baby eat. Note any reactions that occur to help you look for possible connections and to share with your doctor or dietitian. This is especially useful if reactions are delayed and not obviously associated with a particular food. Downloading and filling out our symptom diary can help.

IMPORTANT NOTICE: Breastfeeding is best for babies. The decision to discontinue breastfeeding may be difficult to reverse and the introduction of partial bottle-feeding may reduce breast milk supply. The financial benefits of breastfeeding should be considered before bottle-feeding is initiated. Failure to follow preparation instructions carefully may be harmful to your baby's health. Parents should always be advised by an independent healthcare professional regarding infant feeding.

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Is it Cow's Milk Allergy?