



**Clinical Nutrition Service**

Combined Program in Pediatric Gastroenterology and Nutrition

Children's Hospital Boston, 300 Longwood Avenue, Boston, Massachusetts 02115

## Milk and Soy Free Diet

**Items with Milk**

Artificial butter flavor

Butter, butter fat, buttermilk

Casein

Cascinate (ammonium, calcium, magnesium, potassium, sodium)

Cheese, cottage cheese, curds

Cream

Custard, pudding

Ghee (clarified butter)

Half and Half®

Hydrolysates (casein, milk protein, protein, whey)

Lactoglobulin

Lactose

Milk (derivative, protein, solids, malted, dry, condensed, evaporated, whole, low fat, non fat/skim Lactaid™ milk)

Nougat

Non-dairy creamer (check for casein)

Rennet

Sour cream, sour cream solids

Whey (delactosed, demineralized protein)

Yogurt

**Items that may have milk or milk protein; check with product manufacturer.**

Brown sugar flavoring

Caramel flavoring

Chocolate

High protein flour (protein source could be skim milk powder)

Margarine (May contain whey)

Natural flavoring

Simplese®

**Items with Soy**

Edamame

Hydrolyzed soy protein

Miso, Natto

Soy sauce (Tamari, Shoyu, Teriyaki)

Soy beans, soy nuts

Soy flour

Soy grits

Soy fiber (Okara, Soy Bran, soy isolate fiber)

Soy milk

Soy sprouts

Soy protein concentrate

Soy protein isolate

Tempeh

Textured vegetable protein (TVP)

Tofu, Yuba (soy bean curd)

**Items that may have soy protein; check with product manufacturer.**

Flavoring

Hydrolyzed vegetable protein (HVP)

Hydrolyzed plant protein (HPP)

Natural flavoring

Vegetable broth

Vegetable gum

Vegetable starch

CHECK LABELS: Manufacturers constantly change product recipes. Rechecking labels is very important so you can be sure that the product is milk and soy free.

## Important Tips!

- Parve or Pareve are words that indicate that the product is milk and meat free; but still check all labels
- Product labels that have K<sub>D</sub> or U<sub>D</sub> have milk in them. The ingredient list does not always list the milk source. It can be present due to related cross-contamination from milk-containing product that is produced in the same facility. Some labels are labeled K<sub>DE</sub>, which indicates that the product is Kosher but made on dairy equipment.
- Medication: certain vitamin and mineral supplements, as well as some prescribed and over-the-counter drugs, contain lactose as filler. Please consult with your doctor or pharmacist for specific information.
- Deli meats often contain whey/casein in the brines that surround the meat in prepackaged products. They may also have whey/casein because of cross-contamination from slicing other meats/cheese products.
- Most people with soy allergies may be able to safely eat soy lecithin and soy oil. Soy lecithin is a mixture of fatty substances, a by-product of soybean processing. Lecithin is often used as a stabilizer, emulsifier, or an antioxidant.

## Milk and Soy Free Suggestions:

### FATS

All vegetable oils not containing soy. Milk free and soy free margarine (Fleischmann's Lower Fat®, check the label)

### FRUITS

Fresh, frozen, canned or dried (dried fruits are sometimes coated with flour to prevent clumping; check with manufacturer).

### MEAT/FISH/POULTRY/EGGS

Beef	Poultry	Fish
Pork	Lamb	Bacon
Kosher frankfurters	All beef cold cuts	Kosher cold cuts (Morrison & Schiff®, Hebrew National®, Empire® Foods)
Peanut butter (Check labels)	Eggs	

### CHEESE

None

### POTATO/PASTA/RICE

All items are milk and soy free except, prepackaged (canned or frozen) pasta sometimes has casein or soy protein added to pasta to maintain shape; check with manufacturer.

### SOUPS

Clear canned soups or commercial and homemade soups made with allowed ingredients are allowed. Some clear soups may contain margarine, which usually contains milk products. Be sure to check labels.

### BEVERAGES

Fruit juices	Carbonated beverages	Kool-Aid®
Nut Quick® (Energ-G Foods)	Westbrae Rice Drink®	Rice Dream®
Amazake Original® (rice milk)		

*Infant formulas:* Nutramigen®, Alimentum®, Pregestimil®, Neocate®.

### BREAD/CRACKERS

French, Italian, Vienna, Syrian (pita), bagels and mountain bread are usually milk free, but check all labels for soy ingredients. Fiehoffer's, Kasnof's, and Bouya Fasset are bakery that produce a large line of milk free (parve) breads.

### CEREALS

Most cereals do not contain milk products in the ingredient list, but often have the U<sub>D</sub> symbol, which suggests that there is some milk. These cereals should be avoided.

*Baby Cereals:* All Beechnut® Baby Cereal made after September 1999

### SWEETS

Sugar, jams, jellies, syrups, honey, and candies, such as gumdrops, and Marshmallow Fluff are allowed.

### DESSERTS

Jello, fruit sorbet, Italian ice, milk-free popsicles, Baked products made with oil or ALLOWED margarine.

### VEGETABLES

Fresh, frozen, or canned.

### OTHER ITEMS

Mustard	Relish	Catsup
Salt	Pepper	Spices
Cocoa Powder	Carob powder	Potato chips
Pretzels (check label for U <sub>D</sub> )	Olives	Plain popcorn
Peanut butter without added milk	Corn chips	Plain rice cakes

***This diet may not have enough calcium, phosphorous, and Vitamin D. Check with your child's doctor or dietician to see if their diet meets their needs.***

### **BABY FOOD INFORMATION:**

Beechnut Nutrition Corporation 1-800-523-6633 <http://www.beechnut.com/>

Earth's Best 1-800-442-4221 <http://www.earthsbest.com/index.html>

Geber 1-800-4-Geber (443-7247) <http://www.geber.com/home.html>

Heinz 1-800-USA-BABY (872-2229) <http://www.heinzbaby.com> (Canada page there is none in USA)

National Center for Nutrition and Dietetics Hotline 1-800-366-1655