

Dairy-Free Guide

What is dairy?

Dairy, also known as a **milk product**, is a food item produced from the milk of a mammal (commonly cows, goats, sheep and camels).

What is a milk allergy?

A MILK ALLERGY is a reaction to a protein found in cow's milk. Allergic reactions can range from mild to severe.

Where is dairy found?

Dairy is found in products including **yogurt**, **cheese**, **butter**, and **milk**. Dairy is also commonly added to baked goods, sauces, ice cream, and battered foods.

What foods are dairy-free?

Foods that are almost always dairy-free include **vegetables** and **fruits**, **meat** and **poultry**, **beans**, **seeds** and **nuts**.



If a person has an allergy to cows milk, it is likely that they will also have an allergic reaction to other animal milks.

Therefore, it is recommended to avoid all animal milk products.



A dairy-free guide may also be helpful for those keeping kosher.

Avoiding dairy in your diet

- Read labels and watch for "**May Contain**" warnings of cross-contamination.
 - Avoid products without an **ingredient list**.
 - Use a **clean workspace** and **clean utensils** when preparing milk-free foods.
 - Be aware of **key nutrients** that could be lacking, like calcium, vitamin D, vitamin B12, protein and fat.
-

Cross-contamination

Cross contamination is the transfer of an ingredient to a product that does not contain it. This can cause a food without milk to become dangerous to those with an allergy to milk. This can occur during **manufacturing**.

Cross-contamination can also happen during **food preparation** at home or in a restaurant. It is important to be informed of the possible contamination in order to prevent and avoid it.



A **dairy allergy** is different from **lactose intolerance**, which is caused by a lack of the enzyme lactase needed to digest the lactose in milk. This is not considered an allergy because it is not life-threatening, however it is still important to be mindful of cross-contamination to avoid gastrointestinal symptoms.

For more information on dairy allergies. visit <https://foodallergycanada.ca/allergies/milk>